

The Body Issue 2015

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WORLD

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With 1 Word

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Cover photography
Larsen Talbert



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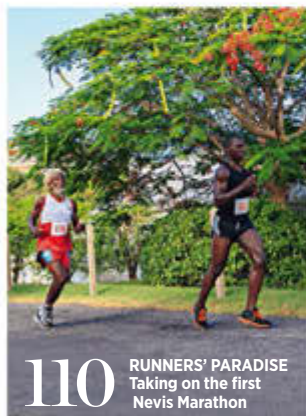
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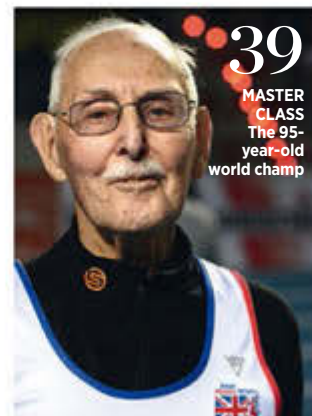
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RAVE RUN

Salisbury Crag, Holyrood Park, Edinburgh

Jonathan Stone Harriette Stone

The strapping Salisbury Crag is, amazingly, a mere kilometre from the centre of Edinburgh. This extraordinary photograph was taken using a quadcopter (or drone), which is normally used to map volcanoes.





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MO FARAH

Olympic Gold Medalist - 5,000M, 10,000M



SO FAST

**ITS MIDDLE
NAME IS
ZOOM.**

NIKE AIR ZOOM PEGASUS 32

It makes sense that the Air Zoom Pegasus is Mo Farah's go-to shoe. Both were born in 1983. Both enjoy long, fast-paced runs. And as they approach the finish, both really relish grinding competitors into the dust with a ferocious burst of speed. But while one will cover his last lap in 53 seconds, the other will stick with you to the very end of even your toughest, fastest runs. So if it comes to picking one as a running partner, we'd suggest the one with ultra-responsive Nike Zoom Air over the one with the two gold medals.



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I'm training for my first race since last summer – a triathlon. It's given focus to my cross-training and has let me unleash the competitive animal inside (see my column, page 43) without rushing my return to running.



After a highly enjoyable Virgin Money London Marathon, carrying the 4:15 flag for the RW Pace Team, I'm focused on running my fastest ever mile. See the Nike Milers project (nike.com/gb/en_gb/c/running/milers).

CONTRIBUTORS



Rachael Woolston

The writer, running and yoga coach and passionate in-race snack enthusiast loved the tea-and-cake stop at the beautiful but brutal Beachy Head Marathon, which she tackled for RW. She also needed a lot of recovery yoga afterwards. **p105**



Amby Burfoot

The RW Editor at Large, 1968 Boston Marathon winner, author and all-round running legend spent months delving into the causes of the obesity crisis. Find the path to lifelong slenderness in his Weight-Loss Manifesto. **p48**

Contributing Editor

Jo Pavey

Contributors

Liz Applegate, Amby Burfoot, Johnny Dee, K Aleisha Fetters, Paul Hobrough, Meb Keflezighi, Dana Meltzer, Jordan Metzl, Cindy Kuzma, Adrian Monti, Kevin Pocock, Paul Tonkinson, Rachael Woolston

Group Publishing Director

Alun Williams

Sales Director, Hearst-Rodale

Luke Robins

Print and Digital

Advertising Director

Andrea Sullivan

Display Sales Executives

Zoe Holland, Salper Partalci

Production Manager

Roger Bilsland

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Claire Matthews

Group Creative Solutions

Director Gemma Frostick

Group Creative Solutions

Acting Project Manager

Kathryn Tait

Group Creative Solutions

Manager Sammi Vaughn

Marketing and

Events Executive

Jess Rowley

HEARST MAGAZINES UK

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Anna Jones

Managing Director, Brands

Michael Rowley

Director of Consumer Sales &

Marketing Sharon Douglas

HR Director Surinder Simmons

Head of Newstrade Marketing

Jennifer Smith

Circulation Manager

Bianca Lloyd-Smith

Strategy and Product Director

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Chief Technical Officer

Darren Goldsby

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Lisa Quinn

PR Manager Ben Bolton

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International

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Deputy Editorial Director

Veronika Ruff Taylor

Senior Content Manager

Karl Rozemeyer

Production Assistant

Denise Weaver

Editorial Assistant

Natanya Spies

Administrative Assistant

Shoi Greaves

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Executive Director, Business

Development and Global

Licensing Kevin LaBonge

Director, Global Marketing

Tara Swansen

Director, Business Development

and Global Licensing

Angela Kim

International Finance Manager

Michele Mausser

FROM THE EDITOR



Runners come in all shapes and sizes. True, the best ones tend to be stick-thin and have single-digit body fat, but move back from the elites and there are as many different body

types as there are runners. I've often looked on enviously at the light frames of slim-built speedsters who seem to float above the road as I've heaved my chunky quads through the last few miles of a marathon. But if we run long enough, the sport still has the power to shape us in a variety of ways. That's the thinking behind the RW Body Issue.

On page 48 we look into the trend of increasing obesity in Western countries and find that the key issue is not a rise in the amount of calories we're consuming, but our increasingly sedentary lifestyles – we're simply not burning enough of those calories. That said, for some runners the challenge is trying to gain – or at least not lose – weight, something we explore on page 54; it turns out the secret to good running performance is all about getting your body in balance. Efficient form also helps, and we get some smooth-movement tips from a pretty respectable source, 2014 Boston Marathon champion Meb Keflezighi, on page 72.

The benefits of our sport also go beyond the visible. On page 66, in true *Fantastic Voyage*-style, we go inside the body to see the positive changes running has on the heart, lungs and other key organs. It certainly makes the odd black toenail (page 63) worthwhile.

Andy Dixon, Editor, @RW_ed_Andy

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WARM-UPS



DON'T FEAR THE REAPER

Your running may offer a clue as to how long you'll live, says a new study¹. Researchers analysed thousands of stress tests (a treadmill run at increasing speed and incline until exhaustion) and correlated the results with subjects' risk of dying in the 10 years that followed. They've devised a formula to assess mortality risk with a similar test. Dr Michael Blaha, one of the researchers, says: 'If you can sustain a moderate pace on the treadmill – 8kph – on a 10 per cent incline for 10 mins or longer, you should be equipped to outrun death for a long time.'

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ADULTS IN ENGLAND RUN FOR
30 MINUTES OR MORE PER WEEK.¹

WATCH YOUR STEP

You now have a reason to admire yourself in the mirror while you run, thanks to French research. In a study at the University of Franche-Comté, participants ran full pelt on a treadmill. When they were shown footage of themselves on a video while they ran, they kept going for significantly longer than when they received no visual feedback. They also rated their perception of effort lower when focusing on the video. Heart rate did not differ between the two trials, suggesting the level of effort was the same in each.

ON REFLECTION
See your way clear

Two-way tip Running up that hill

1

Shorten your stride

'Taking smaller steps will keep you driving up and forward rather than over-striding and having to lift your weight over your foot-plant,' says Mary Wilkinson, a member of the Inov-8 mountain-running team. 'I feel I'm running faster and stronger with the higher cadence that accompanies a shorter stride.'

2

Run tall

'The most common error running uphill is leaning forward, which is counterproductive to speed,' says Pete Pfitzinger, coach and author of *Faster Road Racing: 5K to Half Marathon* (Human Kinetics). 'Looking ahead, not down, will help you retain a more upright posture.'



Make the double standard

Twice is nice when it comes to energy burn

Running twice a day is not just for pros. If you divide your overall distance, rather than ramp it up, it's a good way to get your miles in. And a new study, in the *Journal of Science and Medicine in Sport*, suggests a double-run day boosts total energy burn. Researchers got

runners to do two workouts one day, each burning 200kcal, and on another day, one longer workout burning 400kcal. The energy expended in the hour after each session was higher from the two shorter workouts compared with a longer one.

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THE RIGHT MOVE



1

You run better after warming up. But, says Andy Curtis, physio and co-founder of Your Physio Plan (yourphysioplan.com), session-specific moves mean you'll be better prepared than if you do just a standard warm-up.

HILLS

Physical demand Strength

Warm-up goal Ankle, knee and hip extension

Try Triple-extension squat. Stand with your feet shoulder-width apart, feet slightly turned out. Squat to 90 degrees of knee flexion, then drive back up by squeezing your glutes and pushing through your quads. Finish by driving up onto your toes. Return to the start position. **Repeat 10-15 times.**

TRAIL RUNNING

Physical demand Balance

Warm-up goal Using arms for counterbalance

Try Lunge walks with trunk rotation. Stand with your feet shoulder-width apart, arms bent at shoulder level. Step into a lunge. Keeping your pelvis level, rotate your trunk towards your front leg. Pause for two seconds and return to the centre. Push through the front foot to bring your back leg into a lunge. Move forward, alternating sides. **Do 20 reps.**



LONG RUN

Physical demand Endurance

Warm-up goal Postural stability

Try Bridging. Lie on your back and bring your heels towards your bottom to around 120 degrees of knee flexion. With your feet on the floor, draw your navel in and roll your pelvis under, tucking in your tailbone. Squeeze your shoulder blades and lift your bottom off the floor using your glutes and hamstrings. Hold for 5-10 secs, then lower. **Repeat 10-15 times.**



SPEEDWORK

Physical demand Power

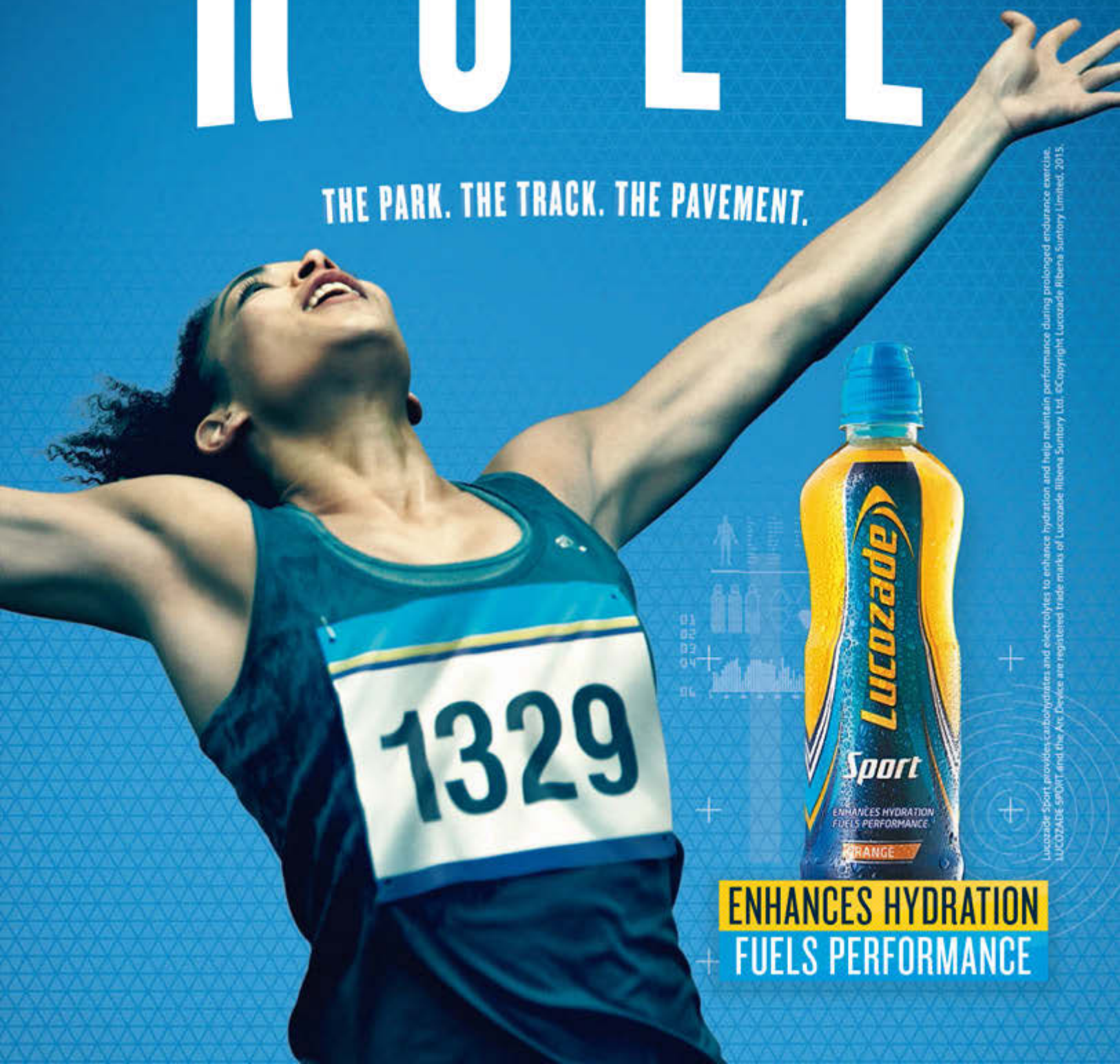
Warm-up goal Hip strength and mobility

Try Scorpions. Lay on your front, arms spread at shoulder level and hips flat. Dynamically flick your left leg from one side over the other; aim your foot towards the opposite shoulder. **Repeat 10 times and do one set on each leg.**



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RETURN TO BLENDER

Supercharge your shake or smoothie with these tasty and nutritious additions...

Matcha

Traditionally drunk as a tea, matcha is a powder made from ground green tea leaves. It's also great in smoothies, and has six times more antioxidants than the much-hailed goji berry and nine times the beta-carotene levels of spinach.

Try Super Power Green Organic Matcha, £25 for 30g (makes 30 shots), teapigs.co.uk

Raw cacao

Raw cacao powder is produced by grinding cacao beans, then separating the solids from the oils and grinding the solids again. It's high in iron and contains theobromine, a mood enhancer.

Try Bioglan Raw Cacao Powder, £6.99 for 100g, bioglan.co.uk

Hemp

Hemp offers an excellent non-animal source of protein. Sprinkle it into a post-workout smoothie to kick-start muscle repair. Hemp also contains omega-3, 6 and 9 fatty acids. Mild, nutty taste.

Try That Protein Happy Happy Hemp Protein Powder with Baobab, £14.99 for 250g, thatprotein.com

Flaxseed

Flaxseed is one of the best non-seafood-derived sources of omega-3 fatty acids (great for fighting inflammation and they've been shown to help reduce cholesterol). It's also high in soluble fibre, which helps digestion.

Try Linwoods Milled Organic Flaxseed, £4.99 for 425g, linwoodshealthfoods.com

Maca

This powdered root has long been considered a super-food in its native Peru. It's rich in vitamins and minerals, including calcium and iron. A known energy booster, it's becoming popular with endurance athletes. Adds a toasted-nut flavour.

Try Organic Maca Powder, £19.99 for 300g, creativenaturefoods.com

Spirulina

Derived from fresh or seawater algae, spirulina is a concentrated source of nutrients, including antioxidants, calcium, iron, phosphorous and B vitamins. It also contains all the essential amino acids. Combine with fruit to balance out the fishy flavour.

Try Bioglan Superfoods Spirulina, £14.99 for 110g, bioglan.co.uk

Blend it

For smoothies on the go, try the Promixx 2.0 vortex mixer (£39.99, promixx.com). It has a detachable rechargeable motor.



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How I ran it off

'I NEVER THOUGHT I'D SAY I LOVE RUNNING'

My old life

I was a yo-yo dieter from a young age. But the weight really started to pile on a few years after I'd had my first baby, when we were trying for a second. I lost seven babies and spent a few years in and out of hospital before finally giving birth to my youngest in 2008.

I got to the point where I didn't care much about myself anymore. I was very aware of my size and avoided having my photo taken.

I couldn't walk far. My legs would rub, my back would ache and I would get out of breath very easily.

The turnaround

My sister's wedding day changed my life forever. As chief bridesmaid, I had to wear a dress - something I'd avoided for many years because I didn't feel feminine anymore. At the final fitting I had to have my size 24 dress taken out - again!

When the photos came back, they broke my heart. I stood out in every picture; I looked huge. I was horrified I'd let myself get like that.

The next day, I started a quick-fix diet. I had to replace two meals a day with horrid diet shakes. It worked, but cutting out two meals a day had its downsides. After a couple of years I joined a slimming group to get me back into eating proper meals.

I joined a gym. Before, I'd felt self-conscious about exercising in public and had used a Wii Fit at home. But I discovered I loved the gym - I got into spinning and ran on the treadmill a bit. I began to set myself mini goals, from running a Race for Life to climbing Snowdon and completing a 12-hour spinathon.

Fact file

Name Jan Bancroft

Age 34

Hometown Wrexham, North Wales

Weight before 18st 4lb

Weight now 10st

Weight lost 8st 4lb

The future

In January I joined a running group. It's helped me so much. I now run outside and I don't care who sees me. I'm running for me and no-one else. I've lost another stone thanks to running, and the inches are still going from my legs. My weight is now the lowest it's been in 18 years.

My weight-loss journey has been tough. But I've done it! I've had great support from my partner, Mark, and my family every step of the way. There were weeks when I would slip up, but I would just get back on track and keep going.

I love running now. That's something I never ever thought I'd say. I ran my first half marathon in March, in 2:37. I've got a few more races lined up this year. Maybe one day I'll be entering a marathon.



JAN'S TIPS

- 1/ Just get out and run. There are lots of couch-to-5K programmes to start you off, or find a good group, like I did.
- 2/ Never give up. You might have a bad day, week or even a month - but just pick up where you left off. It's all worth it.
- 3/ Don't set too-high weight-loss goals. My weight loss has been slow, but when people see how big I was, they are amazed.

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DEEP FREEZE IT.



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is a medical device.

DEEP HEAT



DEEP FREEZE

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Stay skin safe with coffee

Caffeine may reduce melanoma risk

Running in the sun? Then develop a healthy coffee habit. A new study, published in the *Journal of the National Cancer Institute*, has found a moderately high caffeine intake – the equivalent of four cups of coffee per day – is associated with a 20 per cent lower incidence of melanoma, the deadliest form of skin cancer.

Runners are at greater-than-average risk of the disease, owing to more frequent exposure: one study, from the University of Graz, Austria, found a higher rate of abnormal moles among marathon runners. Given that caffeine provides a performance boost as well as skin protection, a coffee habit seems a no-brainer. However, the study authors warn that you'll still need to slap on some sunscreen.

YOU'RE DOING GREAT!
Thumbs up for cheesy
positive slogans



GET THE MESSAGE

Those corny motivational posters tacked onto the gym wall might be more useful than you think, says a new study. When endurance athletes were flashed positive cues, such as happy faces or positive words like 'go' and 'energy' – albeit so fleetingly that they weren't aware they'd seen them – they were able to continue for longer than when they were exposed to sad faces or negative words, such as 'toil' or 'tired'. The researchers, from the Universities of Bangor and Kent, believe the fact that visual cues influence perception of effort and affect performance has implications not just for enhancing elite athletes' performance, but also for people new to exercise, who could use them to keep up the good work.

57

THE PERCENTAGE BY WHICH RUNNING 1.8KM A DAY REDUCES THE RISK OF PEOPLE WITH DIABETES DYING FROM CARDIOVASCULAR DISEASE

Medicine & Science
in Sport & Exercise

JARGON BUSTER DISSOCIATION

A mental strategy that involves focusing on thoughts or stimuli that are not related to the task in hand. For example, thinking about what you'll have for dinner, looking at the view or listening to an audiobook while you run. Research suggests it's best for long or easy-paced runs, rather than speedwork or races.

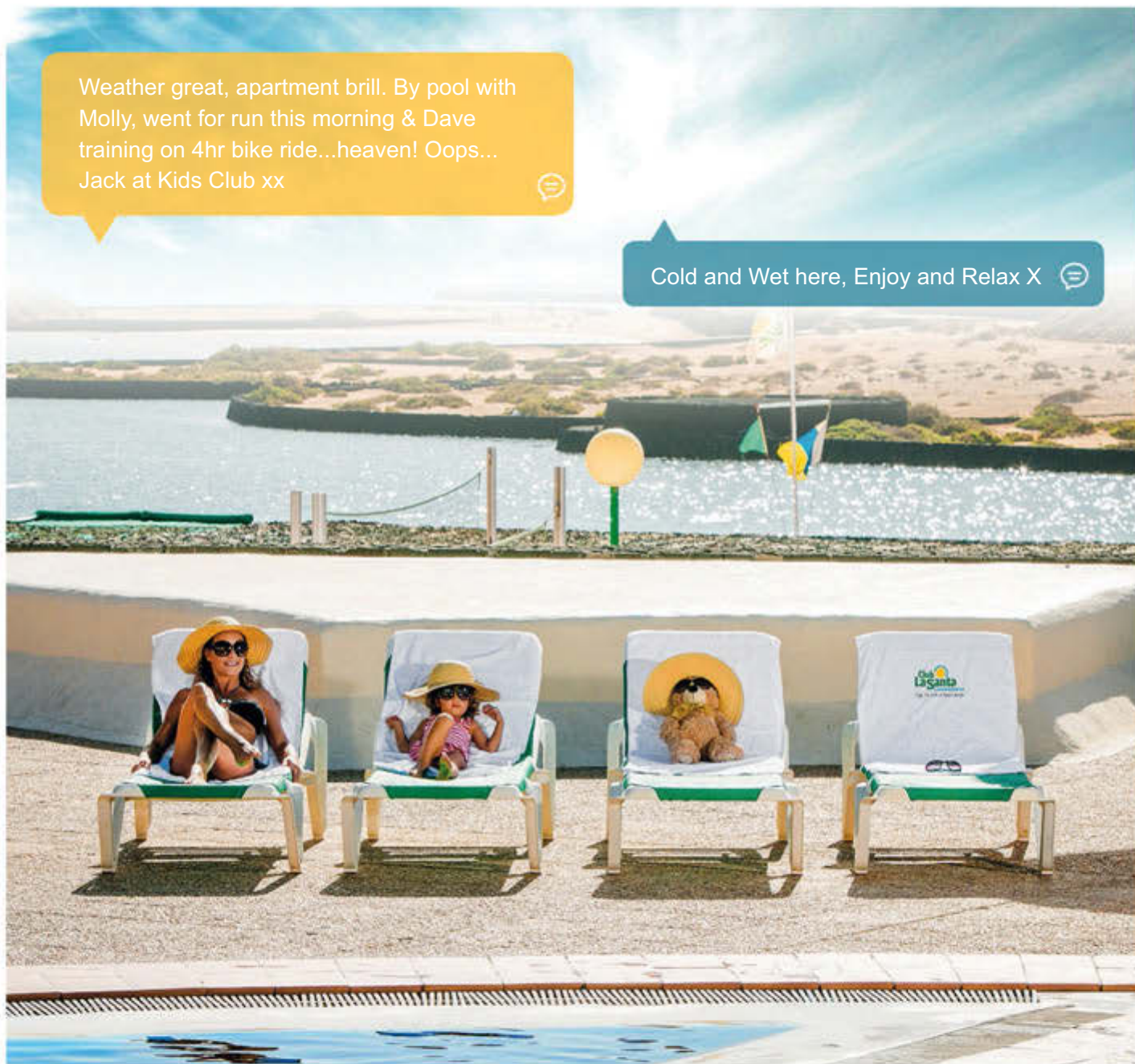
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Hills pose no threat to your Achilles tendon, says a new study². Researchers used ultrasound and high-speed cameras to monitor runners' Achilles tendons when they ran on the flat, and up and down a six per cent incline. They found that while forces differed in each scenario (with the most force resulting from downhill running), the tendon maintained the same thickness throughout. The researchers say this indicates that microtrauma once thought to result from the stretching of the tendon during hill runs does not occur.

Instant wisdom

‘Being receptive to feedback from the body enables a runner to ease off before a niggle becomes a nightmare.’

Malcolm Balk, coach and author

STABILITY IS A CORE ISSUE

Core work improves posture, stability, muscular strength and endurance – but you don't need to use a Swiss ball, Bosu or wobble board. In a new study¹, participants performed core moves twice a week for six weeks: they did the exercises either on the floor or using instability equipment. Both groups improved core strength – but there was no significant difference in the gains. Sports physiotherapist Sarah Connors says using instability props can lead to other muscles compensating if you don't have decent core strength to begin with. ‘It's easy to cheat if the exercises are too tough. Master the basics, then add a challenge with an unstable surface,’ she says

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‘Running is a natural medicine for me’

Bipolar disorder led Simon Lamb to attempt suicide on several occasions. He says running has saved his life





THE RIGHT PATH
Running gives Simon
a sense of freedom

Five years ago, struggling in the aftermath of a breakdown, Simon Lamb did not even own a pair of running shoes. 'I had just tried to kill myself and was in a very dark place,' says the 40-year-old, who lives in London. 'I was unfit, weighed about 20 stone and was taking lots of medication. I felt there must be another way to deal with how I was feeling. So, for the first time in my life, I bought running shoes and went for a run.'

He managed only a short distance, but though it felt 'terrible', Simon began to run regularly. 'The depressed body is very inward looking – running gave me the opportunity to reverse that process and start to look outwards again.'

Looking back, Simon believes he has suffered mental illness since childhood. 'I had frequent psychotic episodes when I was a kid,' he says. 'I would hear voices in my head, see people in my room who weren't there and experience weird colour shifts, where everything would be blue or red. I didn't think these hallucinations or imaginary people were any different from what everyone else experienced. I didn't realise it was only me seeing and hearing them.'

Things worsened in his teens, but despite his fragile mentality Simon later trained as a restaurant chef and got married. However, in 2007 his illness spiralled out of control and he attempted suicide on several occasions.

'As well as trying to drink myself to death, I once threw myself under a bus, but luckily I just bounced off,' he says.



OUT OF THE DARKNESS
Simon says running
has saved his life

'I also walked into the path of a car, but that failed, too. What people often don't understand is that if you have a mental illness, you're in such pain you don't have a choice about killing yourself.'

Eventually Simon became so ill he could no longer work. It was then he was diagnosed with bipolar disorder, a form of depression where manic highs are followed by debilitating lows. He was cared for in the community and prescribed several different drugs.

Simon underwent a number of treatments, including massage therapy. He found it so beneficial that once he felt better he decided to retrain as a sports massage therapist. 'There's a strong link between easing the body physically with massage and the effect it can have on mental wellbeing,' he says. But it wasn't until he began running regularly that Simon felt he started to gain control of his mental

'I would go out for a run and then realise I'd covered about 30 miles'

health. 'The more that I was exercising, the better I felt,' he explains. 'I cut down to just one antidepressant a day. At first my body was screaming at me to stop exercising and go back to taking pills. But it was very obvious to me that running was a way for me to manage my illness. It stopped my illness slipping into crisis levels.'

Simon soon discovered he wasn't content just to run around his nearby park. 'I did the Great South Run with my sister in 2011 and enjoyed that. But the more I ran, the more I wanted to get away from crowds and busy events. I would go out for a run and then realise I'd covered about 30 miles. Sometimes this was good because if I was feeling very high it would tire me out. And if I was feeling very depressed, a run would liven me up. The more I ran, the more I knew what sort of run I needed to make me feel good for the rest of the day.'

Two Christmases ago Simon set off from London to Portsmouth, where his family lives. 'I had a rough plan, but basically I got up one morning and ran,' he says. 'I had intended to stop, but barely did, except to have a cup of tea. It was 77 miles and took me 16 hours. I was wiped out after that. I ran it again last Christmas and did it in 13 hours. I also do a few low-key ultras, but I'm not really bothered about official races.'

Because running has benefited Simon, he encourages others to take up the sport to help with their mental health issues. He says running long distances fits in with the 'manic' nature of his illness, by taking things to extremes. 'I like nothing better than buying a train ticket to the Lake District and running every day. It's the sense of total freedom I love.'

Simon now runs his own sports massage clinic, with a special focus on treating athletes with depression. He feels lucky he discovered running. 'It's been a natural medicine for me,' he says. 'If it wasn't for running, I'd still be on loads of drugs, under the care of medical professionals and being monitored by my family. Looking back to when I tried to kill myself, I can see now that running has not only changed my life, but it has probably saved it, too.'

● Read about Simon's clinic at sixsecondshigh.com. Other websites that can offer support include samaritans.org and mind.org.uk



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WHAT IT TAKES TO...

Beat bowel cancer



MAJOR EVENT
A delighted Tim
with his London
Marathon medal

In December 2013, **Tim Perkin** was training for the London Marathon. He had a 20-mile run in the bank, but hadn't been feeling 'quite right' for a few months and had already been to his doctor. 'I'd noticed a change in my bowel movements, including passing blood and bouts of diarrhoea,' says the 33-year-old from Cheltenham. This prompted a return visit to his GP for further tests and he was later diagnosed with bowel cancer.

'I was in shock,' he says. 'One minute I was running 20 miles, the next I was being told I had cancer.' Two weeks later, Tim had an operation to remove his large intestine and then began monthly chemotherapy treatments.

Tim says he approached his cancer treatment like a marathon. 'The tactics were the same – don't think too far ahead, keep things steady, tick off each milestone as you go, manage the bad times and know that the end will come.'

Five days after his chemo finished, Tim went for his first run in almost a year. It was his slowest ever: two miles in 30 minutes, but that didn't matter. 'I felt jubilant, though the thought of running another marathon was akin to flying to the moon at that stage.'

Tim focused on rebuilding his fitness, charting his progress and raising awareness of bowel cancer in young people through @SkidzMarks on Twitter. And in April he ran the London Marathon, clocking 3:42. 'My experience of cancer has made me appreciate the small things and make the most of the opportunities life presents.'

The rules of running

No 32: Warn before passing



As a runner, you will pass other runners. As a courtesy, you should first alert them to your presence. The warning can take any number of forms: a cough, a shuffling of your feet, a loud sniff or a verbal heads-up such as, 'Passing on your left!' Note: handheld air horns are not an acceptable form of warning. Even if they are hilarious.

● Extract from *The Runner's Rule Book* by Mark Remy (£11.99, Rodale Press).



MEDICAL MISSION
Claire suits up

Suit yourself

In 2014, junior doctor **Claire Ferraro** went to Sierra Leone to help fight the Ebola epidemic. But a few months after arriving, she took on a new challenge – training for the London Marathon to raise funds for the King's Sierra Leone Partnership (KSLP). 'I was very happy to fundraise to support the much-needed improvement in healthcare,' says the 28-year-old from London. She ran the race in a medical isolation suit to raise awareness of the fight against Ebola.

● virginmoneygiving.com/canclairerunamarathon

Channel success

Dave Sissens was one of the many Brits who ran the Paris Marathon on April 12. But the next morning, instead of bagging a seat on the Eurostar, Dave, 40, set off from beneath the Eiffel Tower for another – rather longer – run, all the way to the London Marathon finish line.

'I knew other people had completed both the Paris and London Marathons, but I couldn't find anyone who had run every mile between the two, including the Channel crossing, so I knew it could be a world first,' says Dave, from Great Dunmow in Essex. 'When P&O ferries agreed to provide a treadmill for me to run on between Calais and Dover, my Paris2London challenge was born.'

Dave is no stranger to epic endurance feats, having walked unsupported to the North Pole in 2012. 'I have a big engine and a lot of determination, but the pain can be hard to manage. I had severe ITB pain on day three, but some physio and Kinesio tape had me back in the game in 15 minutes.' Despite running the equivalent of a marathon



FERRY IMPRESSIVE
Dave kept going on
his Channel crossing

a day for two weeks, Dave managed to clock an impressive 5:07 in the London race and raised £26,000 for Children with Cancer UK. 'It was a very emotional finish,' he says.

● sissens.com

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INBOX

It's not a race

The article on non-racers was much appreciated (RW May). But it seemed a little as if you were talking about a different species. I've been running for three years but I don't want to race. This doesn't mean I don't vary my sessions, follow a schedule or have aims. This year I want to up my monthly and annual mileage, run a 10K in 60 mins, find new routes and improve my form. I love the tips and articles, but please remember we're not all racing and chasing PBs.

Johanna Kazi,
London



ROOM FOR ALL
Johanna does her own thing on the run

LETTER OF THE MONTH



NEW WOMAN
Joanna now and as she was (inset)

**Do as I do**

I started running on Christmas Day, 2013, and I'm doing my first marathon this year. As a nurse and carer, I know the toll a lack of exercise and healthy diet takes on the body. But there I was, a large lady with an appetite for the three Cs – cigarettes, crisps and the couch – giving advice to patients with heart problems. I took up running and quit smoking, and am now half the woman I used to be. I feel I can now promote health without feeling a fraud.

Joanna Forbes, Dundee

 The month in mail
2

readers told us of their recent return to running after a long lapse

21%

of your correspondence related to your London Marathon experiences

3

letter writers disagreed with Paul Harris (RW May) that races are too expensive

'Thank you London,' emailed Kevin Judd. 'And thanks RW for being the first running mag I dared to buy. I thought it was for 'real runners' and not mere mortals like myself.'

My goody bag at a recent half marathon contained a set of stick-on false eyelashes! Can anyone top this for goody bag bizarreness?

Pete Hawkins, Tideswell, Derbyshire

RW says What's your weirdest goody bag item?

Miles too expensive

When I entered my first big event, the race entry fee didn't seem a big deal, but once I'd done it I wanted to race again and often, and cost became more of a consideration. Like many runners, I have enough T-shirts, finisher medals and so on, so perhaps making these optional could bring the price down.

Ben Woods,
Newcastle Emlyn,
Wales

Costume drama

Paul Tonkinson's column noting that 'our minds write cheques that our legs can't cash' (RW May) struck a chord with me. During a recent 10K, I was beaten by two runners dressed in inflatable sumo costumes. I'm not quite as fast as I thought I was.

Caroline Smith,
by email

Run for joy

Reading Grant McDonald's story (RW April) left me



GRATEFUL
Running was a lifesaver for Kate

emotional. I have always run, but in 2012, after having a horrible headache for several hours, I was rushed to hospital, where I fell into a coma. I was diagnosed with viral encephalitis – a life-threatening swelling of the brain. The consultants said I owed my recovery to being strong in both mind and body from running. I now have epilepsy as a result of my illness but when I drag myself out of bed at the crack of dawn, I don't complain quite so much – I'm just grateful to be kicking through leaves in rain, snow, wind and fog – knowing my love of running may have saved my life.

Kate de Lacy,
Marlborough,
Wiltshire

What's inspired or annoyed you this month? The writer of the winning letter will receive a pair of Saucony ProGrid Hurricane 16 shoes, worth £110.*

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Q & A

Charles Eugster

The 95-year-old on starting late, breaking world records and why retirement is a 'catastrophe'

Charles Eugster took up running last year: he was 94. This year the Brit has already broken the world indoor record for his age group in the 200m – twice. Charles, who has been called 'the world's fittest pensioner', is on a mission to prove age is no barrier to exercise.

What appealed to you about running, at 94?

I wanted to try something completely new, something I didn't have a clue about! I never ran – even in my school days.

Were you already fit and active?

I've always competed in sport – competition is good for the body and the mind. I had done a lot of rowing in my youth and took it up again when I was 60, winning 34 gold medals in World Masters Rowing competitions. But 85 is the oldest age category and I was having difficulty finding training partners. I started doing weights with a trainer when I was 87 because my body was noticeably deteriorating, and that provided a good basis.

Why did you choose to focus on the sprints, rather than longer distances?

I think the 100-200m gives you a better beach body. Marathoners look like matchstick men! I've since undergone some genetic testing, which has confirmed that I'm not an 'endurance' person, so I'll stick to shorter distances.

How quickly did you progress?

When I started, I could run only a short way and I was completely exhausted afterwards. It wasn't physiological exhaustion – a tremendous amount of energy is required to learn new coordination and movement patterns.

You look very efficient when you run. Have you worked on your form?

Yes. I've had some excellent coaches helping me with that, though I've still got a lot to learn. I would urge all runners to be cognisant of their running technique. The other thing that's important is cross-training. You have to train the whole body. My coach believes that strength is essential to runners – including upper body strength.

How did it feel to achieve the world record twice in one month?

I was extremely surprised – but over the moon. At Lee Valley, I was hoping for the European indoor record but got the world [he finished in 55.48], which I then bettered at the European Masters Athletics Championship in

Poland [54.77]. It has made me aspire to better things. My next goal is to break the M95 outdoor record at the World Masters Athletics Championships in Lyon this summer.

Do you think other nonagenarians should follow in your footsteps?

Why not! There are half a million over-90s in the UK and the number of people reaching 100 years of age is increasing. We need to prove that we are still useful to society and not just a drain on resources. I want to set an example for others to follow. People are always saying older people should take it easy and not exert themselves. But it's extremely beneficial for older age groups to do physical activity. From 50 or so, you lose one to two per cent of your muscle mass every year, taking away power and strength. Exercise – especially high-intensity training – can prevent this. My heart rate has gone down since I started running. One of the problems is that there

are no 'norms' in terms of what a 90-year-old's maximum heart rate or VO₂ max should be. No-one knows.

Don't you just want to enjoy a quiet life now?

No! Retirement is a health catastrophe and a financial disaster. I was a dentist until I was 75 and then I published a newsletter until I was 82. After my wife died, at 82, I was unemployed and my health deteriorated. I looked at myself in the mirror one day and saw an old man. That's when I decided to do something about it. But I'm not chasing youthfulness – I'm chasing health.

What's next?

I've written a 'how to' fitness book and I'm looking for opportunities for gainful employment. Until a few years ago I had a job as a fitness ambassador with a German fitness company; they sacked me when I was 92. I want to demonstrate to the world that you can achieve anything – at any age.

SETTING AN
EXAMPLE
Charles is still
chasing records





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RUNNING COMMENTARY

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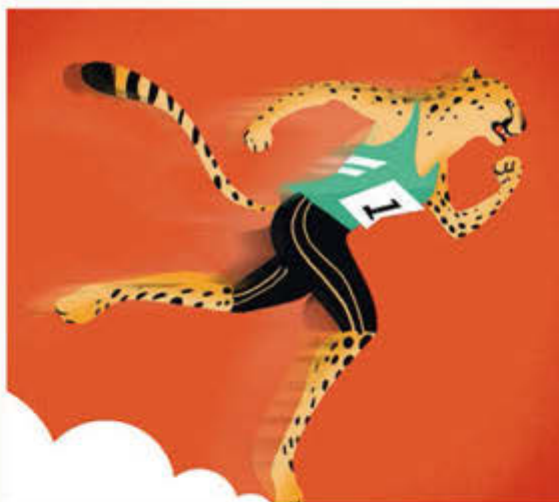
‘Racing brings out the animal in me’

I’m not the first person – nor will I be the last – to wax lyrical about the inherent joy that lies in the act of running. The mesmeric rhythm of your feet when you set yourself in motion, a rare chance to focus on what’s going on outside – not inside – your head and a brief but precious connection with nature. What could be better on a summer morning than slipping out of the front door to pad quietly along country lanes, with just the dawn chorus for company?

I’ll tell you what: a race. How I love that nerve-jangling feeling you get as you weave through the start-line mob to find your place, the air filled with Deep Heat and high-spirited chatter. Your stomach flutters with a mix of excitement and dread as you wonder how it’s going to go today. But once you’re off, no matter how ambivalent you felt before the gun, your commitment is total.

During my long months of injury I’ve missed running – missed my regular jaunts, missed seeing crocuses give way to daffodils and then bluebells, mud-caked fields turn green, and threadbare hedges swell with leaves and birdsong.

But it wasn’t until I toed – or rather, wheeled – the line of a very different type of race recently (a cycling time trial) that I realised I’d missed the thrill of racing even more. From the first pedal stroke, I put my head and the hammer down, my inner beast roused from its slumber. When I eyed a



competitor up ahead in the final half-mile, I locked my eyes on to his back wheel. It was all I could do not to roar as I sped past him. I hadn’t felt so alive in months.

Racing brings out the animal in me. Pin a race number on me and I’ll lay myself bare. I’ll grunt, curse and spit away the pain of pushing myself to the max as I chase my nemesis, reach the brow of the hill or drive to the line...

Legendary US marathoner Bill Rodgers once said: ‘Good health, peace of mind, being outdoors, camaraderie – those are all wonderful things that come to you when running. But for me, the real pull of running – the proverbial icing on the cake – has always been racing.’ I’m right with him and research suggests we’re not alone.

Speedy
stat

30

The number of seconds per high-intensity interval that yielded the lowest perceived effort compared with performing fewer intervals of equal intensity but longer duration

A study in the journal *Applied Sport Psychology* on athletes returning to sport after injury found that a desire to once again experience the rush of competition was a key motivator to getting back to fitness.

There is, for most of us, an innate desire to compete. But in a world where we no longer have to battle for food, shelter and mating rights, we’ve found other ways to test ourselves, to see what we’re made of. You can see our love of contests everywhere – *Master Chef*, the Booker Prize, *Britain’s Got Talent*, *Mastermind*, sports, card games, board games... these are not just pastimes, but ways of pitting ourselves against opponents.

Non-runners – and non-racers – might assume that the thrill of competing only comes with the possibility of winning. But that isn’t it at all. As doctor and running philosopher George Sheehan wrote: ‘It’s very hard in the beginning to understand that the whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside you that wants you to quit.’

For me, it’s both. I’m competing against my previous marks on the course and the clock, but make no mistake – I’m also taking on other runners. OK, not those likely to break the tape, but those around me – the familiar faces with whom I’ve played cat and mouse over many years. I’m sure that within any race, countless ‘mini races’ are played out between known and unknown adversaries.

Every day I’m working my way back to running fitness. But when I finally get there, I suspect I won’t be content for long to pad along country lanes enjoying the view. Soon I’ll be weaving through that start-line crowd, sizing up the competition and wondering how it’s going to go today. And when the gun goes, you’ll hear me roar!

● Sam Murphy tweets
@SamMurphyRuns



‘The more I run, the more I enjoy it’

I was asked recently to contribute a foreword to a new book about running. The remit was fairly loose – 130 words for a section called ‘What running means to me’. But trying to define it was elusive because running’s meaning has changed for me over the years. Like any valuable experience, its value is hard to pin down. On the subject of truth, an Indian mystic once noted that using words was ‘like a finger pointing to the moon’. So let me, using just words, take a moment to point to the trainers in the hall and explain what they have meant to me over the years.

Initially, running was escape. Home life was not cheery and the best place to be was not there. I sought solace in the hills and beaches of Scarborough seafront. It was pure and safe and the motion by the ocean was peaceful. There was also the unbridled energy of youth. Running was something you did to get somewhere quicker. At 6am I’d get up, run to the shops for my paper round, load up with papers, run the round and run home. Cycle to school. Play football or tennis every break. Football or cross-country at gym. Cycle home. Exercise wasn’t scheduled: it was woven into the fabric of everyday life, and all this on a diet of banana sandwiches with sugar.

Running became a part of my identity. The longer it went the stronger I was. I was that kid at the front of the long line of skinny 12-year-olds, in too-short shorts

and skimpy vest, battling against the wind in his black slip-on shoes.

In my teens club athletics beckoned. The slip-on shoes gave way to spikes. Obsession gripped – twice-daily running, 50 miles a week. At night I would read of old legends: Zatopek, Ron Clarke, Herb Elliott. In the UK it was the heady days of Coe, Ovett and Cram. Sebastian Coe kicking off the final bend to win the LA Olympics 1500m. Amazing times, but I was free-falling out of running by 1986-87. However intense my fantasies, I was no Coe. However hard I trained, I couldn’t get faster. I was fastest in the town, on the edge of county class, but nowhere nationally. So I took the long and splendid slide taken by so many teens into wine, women and song.

Through my 20s running was sporadic. It would pop up for the odd month, but it was fleeting, used to escape career confusion or post-hedonistic guilt. It reminded me of previous glories, but it was bittersweet – life had moved on.

Running resurfaced when I was in my mid-30s; at first it was training to get fit for Sunday League football, then 10Ks on the road. The old battler emerged – I wasn’t running a lot, but I was running fast(ish). Running was an attempt to wrestle back some control from my life. Three young kids and stand-up comedy could make things pretty chaotic.

Then I did a few marathons in consecutive years and it changed

me. Something about the wall, running through it and beyond it surrounded by all those people in that cacophonous tunnel of noise that is the London Marathon softened me. The portion of anger that perhaps had been the driving force for my early running dissolved. After my first marathon I felt a sense of calm for weeks. Watching runners suffer and help each other, being in the middle of it and getting lifted by the incredible support was like sinking into a vat of benevolent energy that I have never truly emerged from.

Now I run for fun. That’s not to say that I don’t harbour ambitions of running fast(ish) again. It’s still moreish – the more I run, the more I enjoy it. It’s just coming from a deeper, more relaxed place. I do it to see life more clearly. There’s a thread that connects that scared, determined youth on Scarborough beach to the mellow, galloping idiot in Highgate Woods and that thread is the trainers in the hall, the key to another kingdom. Motion, nature, sweat, peace. It is beyond words.

● *Paul Tonkinson is a standup comedian who spends his time running and philosophising*

Runnerpedia

Lycogen (n)

Energy source derived from the kind of atrocious food you claim you can eat because you’re training really, really hard



Wise Words

#34: The meaning of running

‘Running is special. We’ve all done it: well, poorly, focused, in fear, being pursued, toward a goal. It’s just elemental.’

Rob Delaney, comedian and actor

‘The real purpose of running isn’t to win a race; it’s to test the limits of the human heart.’

Bill Bowerman, coach and Nike co-founder

‘Running has always been a relief and a sanctuary.’

Kara Goucher, US elite athlete

‘First we try to run faster, then we try to run harder. Then we learn to accept our limitations, and at last, we can appreciate the true meaning of running.’

Amby Burfoot, 1968 Boston Marathon winner

Vitality



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THE

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The RW

Weight-loss

100% IDY ISSUE

Manifesto

The causes of obesity and the secrets to staying in shape are not as obvious as you think.

Amby Burfoot investigates





e live in a culture obsessed with food. It's everywhere. Buildings formerly known as petrol stations now tantalise us with racks of junk food. And if we don't need petrol, there are drive-throughs: we can order without having even to expend energy by leaving the car. In every direction, you'll encounter 'Super Sizes', 'Family Sizes' and 'Extra Value'. And it's always about more and more food.

Weighing the cost

Health experts have a name for this environment: obesogenic. It's when food advertising, sedentary lifestyles and, often, poverty conspire in a perfect storm and we gain weight. Figures from the Health Survey for England show 67 per cent of men and 57 per cent of women in the UK are now overweight (defined as a Body Mass Index – BMI – of over 25) or obese (a BMI of over 30). According to research by the Institute for Health Metrics and Evaluation (IHME) at the University of Washington, only Iceland and Malta rank worse in the excess-weight league of western Europe.

Aside from the personal cost in terms of health and happiness, there's the economic impact; research conducted by consulting firm McKinsey and Company estimates it to be £47bn a year. The research also predicted that if trends continue, the direct cost to the NHS will rise from £6-8bn in 2015 to £10-12bn by 2030. Worldwide, the IHME places obesity directly behind smoking and war as the planet's unholy trinity of human-created social burdens – costing about £1.34tn per year.

It all makes you want to scream: 'Come on people! Drop the cake!' Except calorie reduction is not the answer – there's scant evidence gluttony is our problem. In fact, the convincing data points to the other side of the calories-in/calories-out equation – physical activity. The problem is not that we're not eating too much, it's that we're moving too little.

Last autumn, determined to cut through the confusion surrounding the root causes of obesity, I read half a dozen metabolism tomes and about 100 research papers on exercise, nutrition and obesity. When my research was complete, I booked a flight to the

Pennington Biomedical Research Center in Louisiana, US, which has a global reputation for its world-leading experts and meticulous studies.

My first day begins at 6am, when Pennington's executive director, Dr Will Cefalu, meets me for a run around the research campus. Cefalu is a short, soft-spoken diabetes expert who had, run Pennington's first Doc's Dash 5K the previous day. 'Obesity is at the epicentre of the metabolic diseases, including diabetes, high blood pressure and heart disease,' he says. 'That makes it a huge area of interest to us here.'

After breakfast, I wait nervously before my first interview. For the last five years, I've been referring to Dr Eric Ravussin as 'Public Enemy Number One,' even though I've never met him. He's a metabolism expert who in 2009 told *Time* magazine: 'In general, for weight loss, exercise is pretty useless.'

It sounds like heresy but, surprisingly, Ravussin is not alone in his thinking. Among obesity experts, it's an almost universal belief that exercise is not a great tool for weight loss. Still, I secretly hope that Ravussin will be asthmatic and wide as a couple of buses. He's not. I am greeted instead by a sprightly 64-year-old with a lively glint in his eye. However, he hobbles towards me. 'I pulled a calf muscle at the two-mile mark of the Doc's Dash on Saturday,' he explains. 'It was so bad I had to stop.'

Hmmm, I wonder, maybe I should reevaluate his bad-guy status. An injured runner? Sounded honourable to me. Moments later, Ravussin was regaling me with stories about his track days in Switzerland. It turns out he is actually a huge fan of running and exercise. 'Exercise is great for your metabolic health and for your weight maintenance down the road,' he tells me.

Despite this, he won't back off from his *Time* statement. 'Exercise isn't very useful for weight loss,' he reiterates. 'You just can't burn enough calories – not as many as you can eliminate by diet.'

A popular YouTube video illustrates the point. One guy is running hard on a treadmill while another scoffs slices of pizza. Both count calories aloud. 'That's five calories burned,' pants the runner. A few moments pass: 'That's 10 calories.' Meanwhile, after each swallow, his friend crows: 'That's 100 calories, that's 200, that's 300, that's...'

The video rings true up to a point: we can consume calories far faster than we can burn them. But diets don't work – they have a failure rate of 80-90 per cent. It's not because people can't lose weight on them; it's because they can't stop the pounds from creeping back. As the researchers like to say: 'Anyone can lose weight, but few can keep the weight off.'

7 STEPS TO STAYING LEAN AND FIT



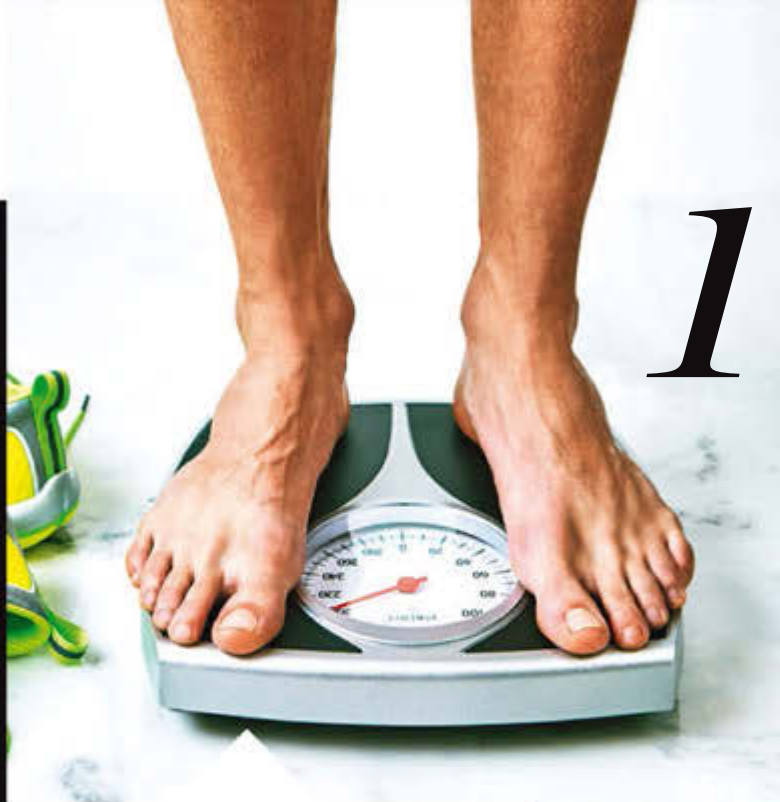
So, exercise doesn't work. Diets don't work. Then what, pray tell, does? The answer might be something called energy flux, the secret of which is simply to move (as in, run) more.

Down on our flux

Energy flux is a new term for an old hypothesis. In the early 1950s Dr Jean Mayer, a professor of nutrition at Harvard University, US, investigated the diet, exercise and weight of male workers



1



Hit the scales

Most people gain weight as they age; even runners have been shown to put on 3.3lbs per decade. It's easier to keep weight off than to lose it, and research has found successful losers weigh themselves often to spot pound creep, then take action.

Join a support group

Obesity has been shown to act rather like the flu: if a lot of people around you are overweight, you face an increased risk of 'catching' their disease. Surrounding yourself, physically or virtually, with healthy people can 'inoculate' you. Join a running club or an online group focused on weight loss and/or fitness goals.

at the Ludlow Jute Company in West Bengal. The workers were divided into five groups according to the physical demands of their jobs: from sedentary (1), to light work (2), all the way up to very heavy work (5).

Mayer's results, published in 1956 by *The American Journal of Clinical Nutrition*, showed workers in Groups 2-5 weighed about the same. These men achieved a natural balance between calories in and calories out. The content of their diets didn't matter – what

Strength-train

Your metabolism slows with age in large part because you lose muscle mass. Muscle itself doesn't burn many more calories, despite common thinking. But it keeps you moving – and movement burns calories.

3



More



Go light on the refuel

After you run, drink water and eat a little fruit. Don't go overboard. 'Most people are very bad at estimating how many calories they consume,' notes Pennington's Dr Leanne Redman. 'You have to be careful not to over-reward yourself after a workout.'



Add fun to your run

Researchers found runners who rated their race as fun were more likely to choose a healthy bar over a chocolate bar when offered a post-event snack. The expert take? 'Listening to music during a run or watching a video [on] a treadmill may be more related to weight-loss success than previously thought.'

Invest in tech

Apps and wearable tech that tally variables such as mileage, calories burnt and sleep time can help guide, your weight-loss efforts. 'It might even show people exercise is more palatable – more fun – than calorie-restricted diets,' says Pennington's Dr Robert Newton.



Run an extra mile or 10-15 minutes

It's a surefire way to increase your weekly calories out. Do it by adding a half-a-mile warm-up and cool-down to every run, or simply by taking more walk breaks to increase total time on your feet.

mattered was that they ate just enough to satisfy their needs. They were healthy.

The sedentary workers in Group 1 found no such balance. Despite sitting all day, they ate more than they needed and grew fatter than the others. Mayer deduced that humans have evolved to exercise a certain amount every day. When we do, all is well. A balanced body tells us how much to eat.

This weight-control system appears to malfunction without daily exercise. When you sit for most of the day, everything falls apart. 'In his hundreds of thousands of years of evolution, man did not have any opportunity for sedentary life except very recently,' Mayer wrote. 'An inactive life for man is as recent (and as abnormal) as caging is for an animal. In this light, it is not surprising that some of the usual [metabolic] adjustment mechanisms would prove inadequate.'

As obesity specialists have struggled to explain the failure of diets, they have increasingly championed Mayer's work, referring to it now as 'the energy flux hypothesis'. The hypothesis says: don't focus on reducing the number of calories you eat. Focus instead on increasing the number of calories you burn. In doing so,

your body will find a balance point that naturally promotes weight loss and will help you maintain a healthy weight.

Dr James Hill has spent 30 years in the exercise and obesity field. In 1994 he co-founded the National Weight Control Registry in the US and he's been tracking successful long-term weight losers ever since. On average, registry members have lost about 4st 10lb and kept it off for more than five years. Most follow a low-fat, low-calorie diet. They also exercise a lot – more than an hour a day in many cases, which has led Hill to conclude that exercise is the best way forward. 'We believe that those who rely more on increasing physical activity than on food restriction will be more successful in long-term weight-loss maintenance,' he wrote in *Endocrine Reviews*.

In a 2014 review of energy flux, epidemiologists Gregory Hand and Steven Blair agreed with others that exercise only slightly improved weight-loss results. In their research, published in *European Endocrinology*, they noted that exercise nevertheless has an even more important health benefit: it has a positive effect on visceral fat and insulin sensitivity, two of the most important



markers of metabolic wellbeing. 'Energy flux, therefore, has an impact not only on weight change, but also on general health,' they wrote. 'An understanding of energy flux is crucial to the design of interventions to combat obesity. In fact, high energy flux appears to be an optimal strategy for maintaining weight while improving metabolic strategies.'

In short, according to the energy flux theory, we shouldn't cut calories. Rather, we runners should increase total calorie turnover – calories in and calories out – to help our body find its balance point.

Modern movement

To understand why our future depends on moving more, consider our past. Specifically, the evolution – over two million years of human history – of the 'work day'. For 99.5 per cent of those two million years, work (aka survival) meant hunting and gathering. Ten thousand years ago we switched to subsistence farming, and about 200 years ago we graduated to industrial labour. A mere 35-40 years ago we entered the digital age: we are all interconnected and there's little reason to get up and move.

To a physicist, work is Force x Distance. Movement must happen and it can be measured in calories burnt. As hunter-gatherers, as farmers and as labourers, we burnt lots of calories. Today we don't. Most of us go to the office and we sit. As a result, we burn far fewer calories during the work day than our ancestors did. Physiologists measure relative work using a unit called the MET (metabolic equivalent). When you are sitting, you expend one MET per hour; when walking slowly, three METs; running slowly, seven METs. Between sitting in the car, in meetings and in front of the computer, the typical office worker expends about one and a half METs per hour.

It's safe to assume our forebears expended at least another MET per hour doing their real-work labour. What's the calorie-out difference of one additional MET per hour over a 10-hour period? If you weigh 12st, it's 765kcal. If you weigh 10st, it's 630kcal. That's a lot of daily calories your grandparents burnt that you don't. To compensate for your office work, you'd have to run six miles a day.

Researchers have only recently begun scrutinising the data around daytime calorie burn. In 2011, Pennington's Dr Timothy Church found an average drop of 142kcal per day in the demands of modern jobs compared with the jobs of 50 years ago. Church and his colleagues also found that this drop in calories out explained 88 per cent of the weight gain in the US over that time. And it's not just the office that's messing with our metabolic balance: in 2013, Dr Edward

Archer, then at the University of South Carolina in the US, showed that mothers of young children now burn 225 fewer calories per day than they did in 1965, thanks to labour-saving devices such as dishwashers and washing machines.

Perhaps the most startling revelation appeared last August in *The American Journal of Medicine*. After analysing trends in calorie intake, physical activity and obesity from 1988 to 2010, Dr Uri Ladabaum of Stanford University found that adults exhibited increased rates of obesity during a 22-year period when calorie intake 'did not change substantially'. In fact, over that time, calories in actually decreased for some groups: women aged 18-39 reported eating 68 fewer calories per day in 2010 compared with 1988, but the percentage of that population who were overweight

**'DIETS ARE
LIKE POLITICS
AND RELIGION.
PEOPLE
BELIEVE WHAT
THEY WANT TO
BELIEVE'**

increased by more than 20 per cent, while those who were obese soared by 56 per cent. This led Ladabaum to conclude that the evidence does not support the popular belief that rising obesity in the US – mirrored here and throughout the developed world – is primarily caused by an increased daily calorie intake.

Struggling to believe we're not eating more? Consider another 2014 study, this one in the *British Journal of Nutrition*: researchers assessed 2,732 subjects over 17 years and found their daily calories in had increased by just 10kcal.

So, if we're not eating much more, why are we getting fatter? Simple: we're not burning enough calories. A University of Bristol study found almost 80 per cent of Brits don't meet the government target of taking moderate exercise at least three times a week. Our energy flux is out of whack; our sedentary lives have pushed our calories out so low that we can't locate the balance with calories in.

No reputable doctor or metabolism expert would suggest exercise alone can stop obesity. It must be paired with a healthy diet that focuses on a reduction of low-hanging calories – the high-fat and high-sugar ones. It's just

that exercise has been undervalued and diet overexposed. Consider diet's dismal track record – why are we so intent on repeating past failures?

Tim Church reckons he's performed more maximal aerobics tests than anyone else – as many as 200,000. He and colleagues correlated the results of these tests with a dizzying array of health outcomes, including obesity. The power of exercise never fails to impress him. 'It's just so protective against so many things,' he tells me.

Whatever works

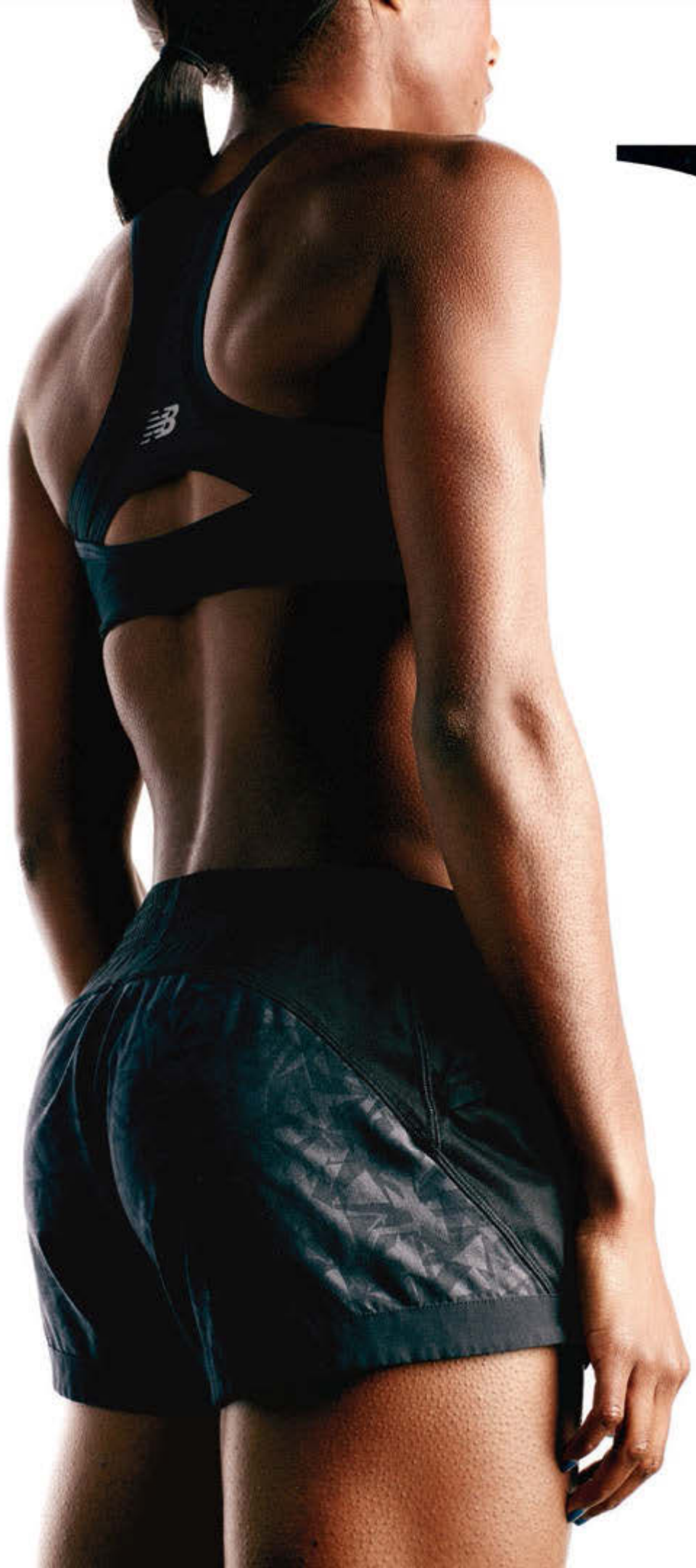
Church has less enthusiasm for weight-loss theories and diets. 'Diets are like politics and religion. People believe what they want to believe and nothing is going to change their minds. The best diet is the one a person believes in, because that's the only one they might stick to.'

The same is true for exercise: do what excites you, be it yoga, Cross-Fit, strength training, 5Ks, triathlons or walks with the dog. If you get tired of one exercise, switch to another. Just don't stop – ever. As Dr Joseph Alpert, editor in chief of the *American Journal of Medicine*, says, 'You only have to exercise on the days that you eat.'

Move more at work, too. You've heard it before, but it bears repeating: use the stairs, take short walks, stand, stretch, fidget. Sitting is the new smoking, and we all need to cut back. Exercise does so much more than burn calories; it also releases hormones, enzymes and proteins that improve your glucose control, blood pressure, heart health, mood and more. The key to lifelong weight control is finding the right balance between diet and exercise.

Eight years ago, writer Michael Pollan added pith and insight to the nutrition debate with his seven-word mantra: 'Eat food. Not too much. Mostly plants.' Short, simple instructions have great power; we remember them and they move us to action. We all seek a few maxims to guide our chaotic lives.

Pollan ignited a low-key competition among other health advocates. Many have mimicked his effort, trying for fewer words. Here's my contribution – four words relating to diet, health, weight, and exercise. The words include, a nod to the eternal cycles of nature: Food. Feet. Water. Repeat. 🌀

A high-contrast, black and white photograph of a woman from the back, showing her muscular back and arms. She is wearing a dark, open-back sports bra with a small logo on the upper back and dark athletic shorts. Her hair is pulled back in a ponytail. The lighting is dramatic, highlighting the contours of her body.

Off the

*The secret to optimal running performance and health isn't losing weight, says **Sam Murphy** – it's about getting your body in balance, and that may even mean putting on a few pounds*

ou only need to glance at the lineup at the front of any major race to see that life in the fast lane tends to mean lean and light. Stand most of those runners on the bathroom scales and you'll probably find they're at the low end of what's considered a healthy body weight and fat percentage – if not below it. It makes sense that fewer kilos could equal more PBs when you consider that the much-heralded physiological parameter of VO_2 max is measured as the amount of oxygen consumed per minute per kilogram of body weight. A study in *Medicine & Science in Sports & Exercise* found that when subjects ran wearing weighted vests equal to five per cent of their body weight they were 2.7 per cent slower. And it's estimated that you'll shave roughly 10 seconds per mile per 5lb of weight lost. For many of us, dropping weight is an ongoing goal to improve our running, our health and our body image. But there comes a point where the benefits tail off, or cease altogether. Just because losing 3kg makes you faster, it doesn't follow that losing 10kg will make you faster still. In fact, it could make you more injury-prone, nutrient-deficient, fatigued and, ultimately, slower.



scales



'Every runner will have an optimal weight and going below that may hinder performance,' says professor Mark Tarnopolsky, a physiologist at McMaster University in Canada. 'Every biological system has a physiological adaptation curve, in which a factor is helpful to a point but pushing it too far is counterproductive.'

Matt Fitzgerald, sports nutritionist and author of *Racing Weight* (VeloPress), agrees. 'They're in the minority, but some runners need to *gain* weight to attain their highest level of performance.' Elite US runner Dathan Ritzenhein is a good example. 'He told me that he had raced as light as 8st 5lb, but getting down to that weight sapped his power,' says Fitzgerald. 'He's found his sweet spot at 8st 10lb.'

But that's still extremely light compared with a typical male of the same height (5'8"). 'Elite distance runners are not 'normal' in terms of their weight,' says sports dietitian Dr Karen Reid (performancefood.co.uk). 'They have a body type and composition that is suited to running. Many athletes I've worked with naturally have that low weight and body fat even though they eat well.'

Tarnopolsky agrees one size doesn't fit all, stressing the need to acknowledge individual differences. 'Take three male athletes and you may have one who could easily get to four per cent body fat due to genetics, one who would have to massively over-train and restrict calories to get there and one who will never get there,' he says. 'The problem with sticking to an illogical belief that the lower you get in body fat the better you will perform is that it ignores this biological variability.'

It's easy to assume that the issue of being underweight is confined to the realms of the genetically gifted, like Ritzenhein. And while most of us non-elite runners could probably do with losing weight rather than putting it on, it isn't always the case.

Losing streak

Back in February, we published a letter from a reader, Annabeth Orton, who wrote: 'Could RW sometimes cater for us underweight runners, covering how to gain weight without reducing mileage, and staying healthy and injury-free?' We were stunned by the response we got from readers echoing Annabeth's plea.

For some, there had been a concerted but misguided attempt to lose too much weight in pursuit of better performance or a slimmer body (see Amanda's story, p58). For others, the weight had fallen off since they'd taken up running, or increased their training volume (see Karen's story, above right). Annabeth's weight dropped from 9st 7lb to below 7st owing to a combination of health problems, an increase in training and

'AS I LOST WEIGHT, MY TIMES GOT WORSE'

KAREN ANDREWS, 30, HAMPSHIRE



After having my first baby in July 2011 I lost an unhealthy amount of weight.

A Parkrun reignited my love of running, but as more pounds came off, my times got worse and I soon realised that if I wanted to get quicker I needed to fuel my body properly. I upped my calories and focused on eating carbs to fuel my runs, and a good amount of protein to help my body to grow and repair muscle fibres. I gained over a stone (mainly muscle, I think), but

concentrating on food as fuel for running and building a stronger body took the focus away from weight gain in its scary 'fat' sense. My times improved and I gained new respect for my body for what it could do, rather than for what it looks like.

I now run sub-20:00 Parkruns, and my half-marathon time has gone from over two hours to 1:30:16. Without the healthy weight I gained through running I don't think we'd have been able to conceive baby number two, who was born in June 2014.

stress in her personal life. 'I had been aware of eating enough to support my training, but I was already consuming up to 3,000kcal a day and there's only so much you can fit in your stomach,' she says. Advice from a sports nutritionist helped Annabeth – who's been a vegan for 10 years – to make tweaks to her diet that have helped her gain over 7lbs. 'I learned how to eat protein – the differences in absorption rates from different sources and the importance of drip-feeding it to maximise the amount the body can utilise,' she says. 'I feel much better, with more energy and better moods.'

In Reid's experience, some runners end up underweight by being 'too healthy'. 'I worked with a good non-elite runner who was trying hard to control his weight but finding he was suffering problems – fatigue, stomach cramps, niggles. He wasn't eating enough carbohydrate in general, and avoiding sugar. I got him to use sugar strategically and he made the elite start in his next marathon.'

Fitzgerald believes it's important for underweight runners not to think specifically in terms of 'gaining weight', but rather in terms of fixing the problem they're facing. 'For example, if a runner is both losing weight and struggling in his or her training, it's likely that he or she has a calorie deficit,' he explains. 'That calorie deficit is the true essence of the problem, not the number on the bathroom scales.'

There are many tools and formulae out there that estimate your 'ideal' running weight. When I put my statistics into the Stillman weight calculator, for my 5'6.5",



PUTTING IT ON

Simple steps to keep your weight up for health and performance

1. KEEP A DIARY

Log in detail what you eat for a week or get a sports dietitian to analyse your diet. 'Measure out the portions you're consuming, and you might find that the 200g of pasta you're eating is actually only 100g,' says sports dietitian Pamela Nisevich Bede.



2. BOOST EVERY MEAL AND SNACK

Can you fit in another 'eating occasion?'

'There are plenty of foods that pack a big calorie punch in small portions,' says Bede.

◆ Fig roll biscuit, 63kcal
◆ Full-fat milk (½ pint), 185kcal
◆ 5 Medjool dates, 330kcal
◆ 240ml grape juice, 140kcal



3. FUEL AND

REFUEL *Drink sports drinks instead of water while working out and high-calorie whole-milk smoothies afterwards. Eat whatever you can if you struggle to refuel, says Reid. 'Muscles don't distinguish where carbs come from when re-synthesising glycogen.'*



KAREN REID'S MONSTER SHAKE

◆ 1 pint full-fat milk ◆ 40g Nesquik powder
◆ 1 banana ◆ 35g instant oats

KCALS
793

CARBS
117g

PROTEIN
26.5g



it determines that, as a distance runner, I should weigh 8st (51.1kg), with a BMI of 17.9 – just a tad under Paula Radcliffe's current score of 18. My BMI is 20.3.

'Generic formulae or tables that dictate an 'ideal' body weight aren't all that helpful,' believes Reid. 'It's just a mass, not a measurement of body composition. My approach would be to look at food and training diaries to assess energy balance.'

Even tools that add body fat to the equation can have the same problem. Kimberly Mueller, a dietitian and 2:52 marathoner, found some online tools estimated her ideal body composition at 12 per cent fat. 'But I lose my menstrual cycle if I fall below 14,' she says.

Elite runner Tina Muir, who writes the blog *Fuel Your Future* (tinamuir.com), believes getting obsessed with weight can be harmful: 'You need to ask yourself what's more important, running well or that number?,' she says. 'When it comes to the six weeks before a major race, I don't try to hit a magic weight, but the intensity of the training, the miles I'm running and fine-tuning my diet means I end up there. If you try to force your body into a certain weight, it will fight back.'

The sweet spot

The best way to determine whether you're at your ideal racing weight is to monitor and record it (and body composition, if possible) along with your energy levels and performance. As Fitzgerald points out – and Ritzenhein discovered – you cannot simply decide on your optimal racing weight beforehand. 'You can move towards a goal, then when you have the race of your life, weigh yourself and get your body composition tested, and there you have it.'

Reid advises caution. 'Initially, weight loss might lead to increased energy levels and feeling more comfortable, but that may then give way to fatigue,' she says. 'Keep track for a few months to get a true feel for your 'sweet spot'.

When Tarnopolsky was a graduate student and athlete, he was able to do just that. 'We could measure VO₂ max, body composition and nutrition status in the lab whenever we wanted,' he explains. After achieving a VO₂ max of 86ml/kg at 11st 2lb, he learned that driving his weight down any further actually caused a decline in his VO₂ max. 'Going below your optimal weight may compromise energy and raise injury risk,' he says.

Muir agrees: 'I know lots of girls who have lost a lot of weight and had some fantastic results for a short period,' she says. 'But they trade their future running, health and, most importantly, their sanity, for those few months of glory.'

Running underweight puts a big stress on the immune system and eats into your muscle mass, affecting your

mitochondrial capacity (essential for energy generation), blood sugar regulation and power output. 'For women, chronic low energy intake can also affect hormone levels,' says Reid. If your periods become irregular or absent, you may be losing bone-mineral density, paving the way for stress fractures and osteopaenia (a precursor to osteoporosis) as well as affecting your fertility.

You may not have a physiology lab at your disposal but, says Tarnopolsky, you can measure a running loop and experiment to see how you perform and feel at different weights. 'Listening to your body is something people seem to have forgotten,' he says.

Making gains

Unsurprisingly, if you're facing a calorie deficit and shedding pounds you don't want to lose, the solution is to eat more. Fitzgerald recommends calculating the average number of calories you're expending daily (see *How much energy do you need?*, right) and aiming to eat approximately 100kcal more daily. 'Weight gain will come more easily if the majority of the added calories come from carbs,' he adds.

But before you order a family-sized pizza feast, bear in mind that quality still counts. 'The diet should be dominated by unprocessed whole foods such as fresh fruits and vegetables, wholegrains and fish,' says Fitzgerald.

'I'M 9KG HEAVIER AND FASTER THAN EVER'

AMANDA WOODROW, 26, FROM EDINBURGH



At 14 I was a decent track runner (Scottish Schools and East District 800m Champion). I was looking for any way to gain an edge, so I tried to control every rep, distance, time and calorie. When I stepped away from competition for health/injury reasons, the habits were already ingrained and I spent the next 10 years suffering from anorexia nervosa and exercise compulsion.

I know running helps so many people slim down, get healthy and change their lives, but there's this whole other side that I've experienced, where the weight loss

is actually dangerous, and a healthy hobby becomes an obsession. There were times when I thought that I'd never run again, but through my treatment I was linked up with a personal trainer who introduced me to free weights. There's no calorie counter, as there is on cardio machines, so it made me focus on quality rather than calorie-burn. And it's changed the way I feel when I run – I've gone from a body that could do little more than shuffle to one that can sprint and power up hills. I'm now 9kg heavier and do Olympic lifting twice a week, which has done wonders for my form and confidence – and I'm running faster than ever!





Photography Reed Young

Protein is also important. 'In their efforts to control weight, runners often neglect protein,' says Reid. 'They'll have a big bowl of pasta with tomato sauce and no protein.' The current recommended protein intake for endurance runners is 1.2g per kilogram of body weight.

Reid often finds that a lack of meal and snack planning is behind inadvertent weight loss when runners are training hard. 'If you fail to fuel up before a run after a long break since your last meal, progressive muscle loss will occur as protein is broken down to supply energy,' she explains. Going down the low-carb diet route or experimenting with fasted training is therefore not advisable if you're struggling to keep weight on.

Similarly, failing to refuel afterwards, when muscles are most receptive to replenishing glycogen, can be detrimental. If you don't feel like you can stomach food after training, liquid calories can help redress a deficit (see *Karen Reid's monster shake*, p57). 'And full-fat milk provides a good balance of nutrients, along with extra calories,' she says.

Give me strength

Many runners who contacted us about being underweight said they'd used strength training as a weight-gain strategy. But while it's true muscle weighs more than fat, building muscle won't address an energy deficit in your diet. In fact, says Reid, you'll struggle to even maintain your existing muscle mass with an energy deficit.

But if you simultaneously address energy intake, strength training will help to ensure that the weight you gain is predominantly muscle, rather than body fat. Fitzgerald believes it's important not to get two separate issues mixed up. 'If a runner's essential problem is that he's not strong enough, that's a different issue from being underweight,' he explains. 'In that case, he can add strength training without eating more. This will add some muscle mass without adding weight, but since the essence of the problem is weakness, not skinniness, it solves the problem.'

As Annabeth has found, in a field where a skinny physique is prized, it's hard to get much sympathy from other runners when you say you're trying to put on weight. But, says sports dietitian Pamela Nisevich Bede, the struggles and feelings of desperation experienced by runners trying to gain weight are strikingly similar to those trying to lose it. But it can be done. 'Just as it takes many little steps in the right direction and subtle diet tweaks to lose weight, so does the path to gaining weight.' And the first of those steps is to recognise that your ultimate goal is a healthy, athletic, optimal-running body, not simply a skinny one. 



HOW MUCH ENERGY DO YOU NEED?

This is determined by three things: your resting metabolic rate (RMR), which is the minimum number of calories needed to survive, even if you stayed in bed all day; the thermic effect of food, which is the energy needed to digest what you eat; plus energy for daily activity.

My weight in kilograms (1kg = 2.2 lb) _____

WOMEN

I am 18–30 years old: weight x 14.7 = answer + 496 = RMR

OR

I am 31–60 years old: weight x 8.7 = answer + 829 = RMR

My estimated RMR is _____

MEN

I am 18–30 years old: weight x 15.3 = answer + 679 = RMR

OR

I am 31–60 years old: weight x 11.6 = answer + 879 = RMR

My estimated RMR is _____

Take your estimated RMR and multiply it by 1.2 if you have a mostly sedentary job/lifestyle (excluding running) or by 1.5 if you have a physically demanding job/lifestyle (excluding running). Or pick a figure between the two if that feels more appropriate.

Estimated daily calorie requirement, excluding running _____

Now work out how many calories you burn per week through running:

*Body weight in kg x average weekly distance in km x 1.036 = answer
Divide answer by 7 (to get a daily amount)*

OR

Use 100kcal per mile as a guideline, again dividing by 7 to get a daily average

Now add your daily requirement to your daily running expenditure to calculate your daily calorie needs.

SNAKES & LAD

41	42 Just hitting your recommended 150 weekly minutes of moderate exercise won't keep the weight off, found a 33-year study.	43	44 A lack of colour contrast between your plate and food means you'll eat roughly 200kcal more per meal, researchers found. It's due to an optical illusion that affects perception of size, apparently.	45
40 Eating in subdued lighting while listening to mellow music can cut your consumption by 18 per cent and leave you feeling more satisfied, found a study at Cornell University, US.	39	38	37 Ellagic acid, found in raspberries and strawberries, may slow growth of fat cells and formation of new ones, and boost metabolism of fatty acids, found a study in the <i>Journal of Nutritional Biochemistry</i> .	
21 A study published in the <i>Journal of the American College of Nutrition</i> found support from a weight-loss 'mentor' was the most effective factor in sticking to a weight-loss plan and overall weight lost.	22	23	24 Don't skip on spice. A study at the University of Wyoming, US, shows capsaicin may stimulate energy burning in fat cells, and help prevent weight gain.	25
20 Research shows your mother's, grandmother's and great-grandmother's exercise habits while pregnant affect your chances of gaining weight.	19	18 Not recognising your emotional responses to food can lead to weight gain, says research from Ohio State University, US.	17	16
START!	2 Your run raises calorie-burn even after you stop. High-intensity intervals are the best way to boost this after-burn effect.	3 Eating breakfast before 11am stabilises blood glucose levels, setting you up to burn an extra 442kcal a day compared with non-breakfasters, according to Bath University research.	4	5

ADERS

Looking to drop some lbs? Use RW's guide to the leg-ups and the slippery slopes to ensure you're a winner in the weighting game

THE
BODY
ISSUE
WEIGHT
LOSS

47 Many recent studies have linked lack of sleep to weight gain, possibly through sleep's effect on the hunger-regulating hormones ghrelin and leptin.

48 Don't chop and change diets. A *Journal of the American Medical Association* study review found the most effective diet plan is one you can stick to.

49

FINISH!

34 Over-rewarding with post-run 'refuelling' is a classic error. Check your calorie balance at runnersworld.co.uk/calorie-calculator.

33

32

31 Shedding weight quickly doesn't mean you're more likely to pile it back on, says an Australian study published in *The Lancet* that followed participants for 144 weeks after they'd slimmed down at speed.

27

Research shows breaking inactive periods with frequent short bouts of exercise means a smaller waist size.

28

29 Exercise reduces cravings for sweet food, with even a brisk 15-minute walk having the desired effect, according to a study at Louisiana State University, US.

30

14

Sitting at work raises women's BMI, says a study in *Preventive Medicine*. Researchers say men's BMI didn't rise as fat replaced muscle.

13 Research in *Obesity* found each sports drink consumed daily equated to a 0.315 rise in Body Mass Index (BMI) units over 2-3 years.

12

11

7 Lay off the meat: In a recent study, participants following a vegan diet lost roughly twice as much weight as those on vegetarian, pesco-vegetarian or omnivorous diets.

8

9 Endurance training increases your body's ability to burn fat for fuel, according to research in the *Scandinavian Journal of Medicine & Science in Sports*.

10

NEW

Whatever the distance your joints come first

FLEXISEQ[®]
Joint Lubrication Therapy
sport



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THE BARE FACTS



Our sport causes many unsightly afflictions, which is bad news in summer, when we all tend to show a little more of ourselves than usual. Here's how to make your body beautiful before you hit the beach





1 Problem Hard, rough feet

- **The cause** Many runners have unsightly areas of hardened skin on their heels, and on the balls and outside of their feet. 'Hard skin is caused by friction and is usually the result of a biomechanical issue,' explains podiatrist Dr Mike O'Neill. 'Overpronation or landing heavily causes the build-up of hard skin, which helps protect the foot against the pounding you're giving it.'
- **Fix it** The trick is to get rid of enough skin to make your feet look better while leaving enough to do the job, says O'Neill. 'Use an inexpensive emery-style foot file rather than a metal one, which can be too harsh,' he says. 'After a bath, when the skin is soft, gently file the foot to remove only the top layer, ensuring some hard skin remains to protect the tissues.' If you want to invest in some tech, Scholl's Velvet Smooth Express Pedi, £39.99 (boots.com) is an electrical device with finely ground diamond crystals that will restore baby-soft feet.
- **Prevent it** The foot treatment Flexitol Balm (£4.65 for 56g, waitrose.com), contains urea, which works as an exfoliant while also moisturising the foot. Apply twice a day to keep your feet soft.

2 Problem Athlete's foot

- **The cause** The condition develops when a fungus that feeds on dead skin grows out of control in warm, sweaty conditions – the microclimate in which most runners' feet spend a lot of time. It causes red, itchy and flaky skin, which can sometimes blister. Highly contagious, it can be passed on by sharing towels, footwear, nail clippers and even the same bath.
- **Fix it** 'Use an antifungal cream that contains the active ingredient terbinafine,' says

Dr Pippa Bennett, sport and exercise physician (bupa.co.uk). 'As well as relieving the horrible itching feeling, it interferes with the fungus's ability to create new cell membranes and proliferate.' A good over-the-counter option is Lamisil (£4.99 for 15g, expresschemist.co.uk). Apply up to three times a day and for 10 days after symptoms have disappeared to ensure the fungus has been controlled.

- **Prevent it** Between them your feet have about 250,000 sweat glands, producing up to 250ml of sweat a day, so how do you keep on top of the issue? 'Bathe your feet in tea tree oil and warm water once a week to help prevent it developing, or use an antifungal powder whenever you run,' says Bennett.

3 Problem Black toenails

- **The cause** This is the result of a haematoma, where blood pools beneath the nail because of impact trauma. It can be caused by your toes hitting the front of shoes that are too small, or if your toenails are too long, and it can be exacerbated if you build your speed or distance too quickly.
- **Fix it** You can either wait for the toenail to grow out or, if you're feeling brave, try this DIY procedure: 'Heat one end of a paperclip to disinfect it and touch it to the surface of the nail,' advises O'Neill. 'This will melt through the nail surface and allow you to press down to get the blood to seep out through the hole and relieve the pressure.'
- **Prevent it** Ensure that you're wearing the right-size shoe – there should be a thumb's width of room from your big toe to the end of the shoe, says O'Neill. 'Also, cut your toenails every week, and to cut down on your feet slipping inside your shoes, don't wear old, worn socks. You can also score your insoles with a knife to create traction.'

**'HEAT ONE
END OF A
PAPERCLIP
AND TOUCH
IT TO THE
NAIL...'**

4 Problem Toenail fungus

- **The cause** A toenail infection (onychomycosis) is caused by tiny spores of the athlete's foot fungus growing in skin under the nail bed. 'If left, the fungus will grow, causing a thickened, yellow nail that can fall off,' says O'Neill. If your nail develops brown or yellow streaks, take action immediately.
- **Fix it** There's no quick fix. You need to keep treating the infection until the nail grows out, which can take up to 12 months. O'Neill recommends



where the pore becomes infected and forms a pustule.'

► **Fix it** If the hairs are visible beneath the skin they can be coaxed out with tweezers, but if a boil has formed, treat it with **Acnecide Wash Gel** (£9.98 for 50g, boots.com). This contains the antibacterial ingredient benzoyl peroxide, which will kill the boil in two or three days.

► **Prevent it** Waxing removes the hair from the root (shaving merely cuts it below the skin surface). Apply a body lotion containing salicylic, glycolic or a light fruit acid. Try **Acorelle** (£8.99, mypure.co.uk). 'This exfoliant will remove dead skin and keep hair follicles free while promoting new skin cell renewal,' explains Williams.

6 Problem Weathered skin

► **The cause** We agonise over our kit but often neglect the most important barrier of all, our skin. Result? A red, dry and cracked outer shell that can add years to your appearance. 'Cold air is dry, and with the added irritant of wind and rain the British weather can strip the skin of its natural moisture. That's even without thinking about the damaging effects of UV light,' says Williams.

► **Fix it** The best treatment is a nappy-rash cream. Try **Bepanthen Nappy Care Ointment** (£3.35 for 30g, boots.com), which contains vitamin B5 to aid skin recovery and has a water-in-oil formulation to trap moisture. Apply a thin layer to the affected skin every night before bed and you should see an improvement within a week.

► **Prevent it** 'Always wear SPF and use a moisturiser rich in ceramides – a fatty acid found in skin cells – before every run,' advises Williams. 'This will form a protective film on the skin's surface to prevent water loss and should be repeated after you run and shower.' If the skin on your

hands is prone to cracking, Williams recommends a pre-sleep routine of **Neutrogena Norwegian Formula Concentrate Hand Cream** (£3.69 for 50ml, boots.com) paired with **Thirsty Hands Moisture Gloves** (£7, thebodyshop.co.uk). The cotton gloves will stop the cream from evaporating and help your hands absorb more of it.

7 Problem Chaffing Skin

► **The cause** Chaffing is caused by skin rubbing against clothing or other skin, stripping off the top layer of the dermis and leaving it raw and red. It typically occurs on the nipples, bra line, inner thighs, under the arms and even on the testicles. Moisture from sweat or rain can make it even worse.

► **Fix it** This only lasts for a few days, but it can be painful and unsightly so if you want to speed your recovery, keep the skin hydrated by drinking plenty of water and use an emollient such as **Nature's Kiss Chafe-Ease** (£9.50, natures-kiss.co.uk) on the affected areas. 'The antibacterial ingredients soothe and heal the skin, promoting the repair of the epidermis,' says Williams. If you'd prefer a natural remedy, try rubbing on coconut oil twice a day. Its anti-inflammatory properties will soothe the skin, keep it supple and reduce pain and irritation.

► **Prevent it** Make sure your kit doesn't have any seams, stray threads or harsh fabric in the vulnerable areas, and invest in some lubricant to rub on before you run. Normal petroleum jelly is fine or apply **BodyGlide** (£6.46 for 12.8g, wigggle.co.uk) to both to skin and clothing. 🏃

Loceryl Curanail Medicated Nail Lacquer (£23.99, boots.com). It contains amorolfine, which stops the production of ergosterol, an essential component of fungal cell membranes. 'Unlike most alternative treatments, which require daily application, you only need to do this twice per week,' says O'Neil. 'File the nail first to help the treatment to penetrate.'

► **Prevent it** If you're ramping up your training, take preventive action by soaking your feet in a mixture of equal parts apple cider vinegar and warm water for 30 minutes two or three times a week for a natural antibacterial effect.

5 Problem Ingrown hairs

► **The cause** These painful red bumps on the skin afflict women and men equally, the only difference being location: legs, bikini line, chest, jaw or under the arms. 'Ingrown hairs are the result of sweat and dead skin blocking the follicle, trapping hair beneath the surface so it grows back in on itself,' says Dr Stefanie Williams, medical director of European Dermatology London (eudelo.com). 'Friction from running kit can then add bacteria, causing folliculitis,

THE INSIDE STORY

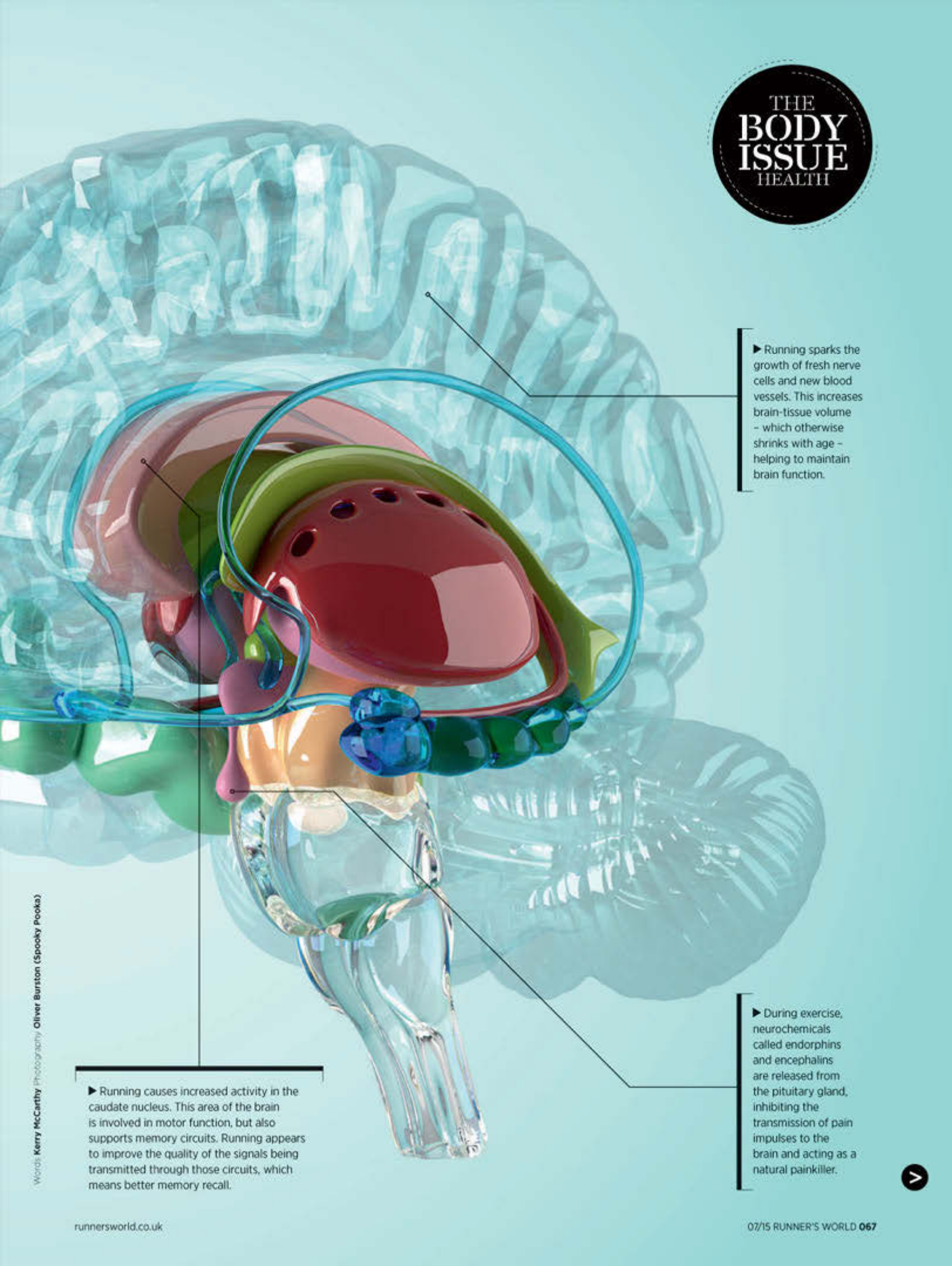
It's easy to focus on how running visibly changes our bodies, but what's going on under the surface? Here we'll show you the bodily improvements you can't see in the mirror

BRAIN

It's a common assumption that once you reach adulthood there's nothing you can do about the number of brain cells you have, except wave them off as they die throughout your life. Until the late 1990s it was assumed that only children's brains were capable of continued growth, but then research at the Salk Institute for Biological Studies, US, found that under certain circumstances adults can experience brain cell regeneration. And yes, running is one of those circumstances.

'As well as giving you a good dose of the runner's high [which is caused by endorphins, see right], a trot or two round the block will also help develop new nerve cells, leading to a reduction in stress, improved memory, and better motor skills,' says Rebecca Christenson, sports physiotherapist at Pure Sports Medicine (puresportsmed.com).





► Running sparks the growth of fresh nerve cells and new blood vessels. This increases brain-tissue volume – which otherwise shrinks with age – helping to maintain brain function.

► Running causes increased activity in the caudate nucleus. This area of the brain is involved in motor function, but also supports memory circuits. Running appears to improve the quality of the signals being transmitted through those circuits, which means better memory recall.

► During exercise, neurochemicals called endorphins and enkephalins are released from the pituitary gland, inhibiting the transmission of pain impulses to the brain and acting as a natural painkiller.



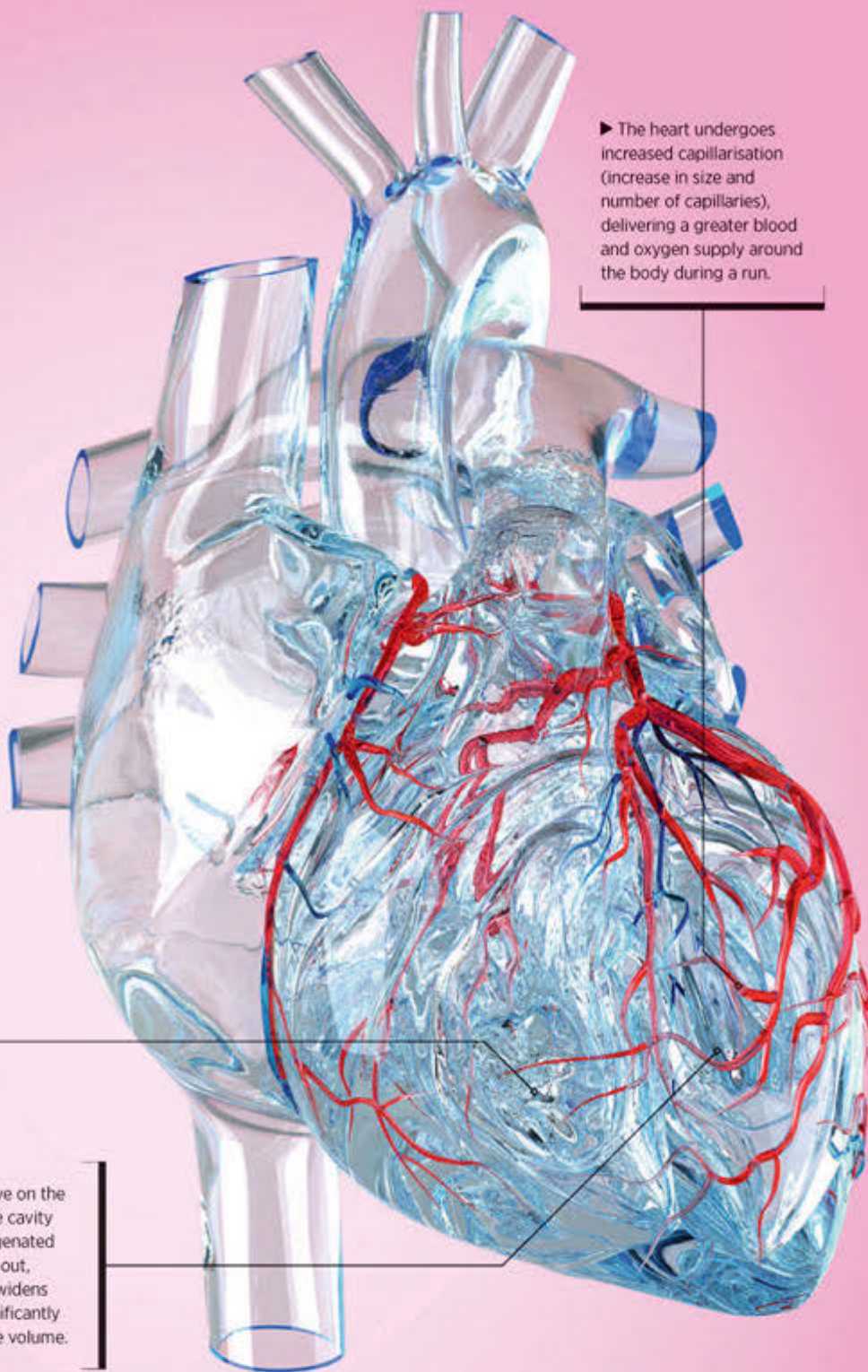
HEART

'For any running other than sprinting, the muscles depend on the constant supply of oxygen as fuel,' says Clodagh Dugdale, a sports physician at Fit Again Sports Therapy (fitagaintherapy.com). 'The heart is the pump that pushes oxygenated blood around the body, transferring it to muscles in exchange for carbon dioxide and then transporting this oxygen-depleted blood back to the heart and lungs. The amount of blood your heart can push out in one minute (cardiac output) is the product of the amount it can push out in one beat (stroke volume) and the number of beats per minute (heart rate). Over time, regular training can increase this output by up to six times due to the left ventricle growing stronger.' Most people need their heart to beat at about 70 beats per minute (bpm) at rest in order to pump enough blood round the body. For highly trained athletes, this figure can drop to as low as 40bpm, thanks to the strengthening adaptations of the heart.

► The heart increases in size as a result of muscle development on both the right and left sides; therefore, there is more muscle to provide a greater force of contraction and push out more blood.

► The aortic valve on the left ventricle, the cavity from which oxygenated blood is pushed out, also grows and widens in diameter, significantly increasing stroke volume.

► The heart undergoes increased capillarisation (increase in size and number of capillaries), delivering a greater blood and oxygen supply around the body during a run.



BODY OF EVIDENCE

A look at the changes running causes elsewhere

LIVER

'Running increases its ability to store glycogen so it can be used for energy production more readily,' says Copeland. 'It also produces more 'good' cholesterol and burns more fat on the outside of the liver, decreasing type 2 diabetes risk.'

KIDNEYS

'The kidneys have a number of functions, including regulating fluid balance and excretion of waste products,' says Dugdale. 'Training increases the kidneys' ability to flush creatinine (a waste product) from the bloodstream.'

► Both the size and number of capillaries in the muscles increase, enabling more O₂ to be delivered to working muscles for increased performance.

► When running, muscles experience micro-traumas (tiny tears) and then re-knit tighter and stronger afterwards.

► Running increases your numbers of mitochondria, supplying more energy to your muscles.

MUSCLE

'Your muscle fibres are split into two types: slow-twitch and fast-twitch,' says Luke Copeland, Head of Physiology at circuit training specialists Speedflex (speedflex.com). 'The slow are durable and better for endurance running and the fast are explosive and better for sprinting.' We're stuck with the proportion of each we're born with, but what you can do through training is increase the capacity of those fibres to power your body more efficiently on long runs. 'Training promotes the development of more mitochondria, the cellular powerhouses that convert oxygen to energy,' says Copeland. 'The more you have, the more energy created.' Running also causes the muscle fibres to reduce in diameter, says Christenson, making it easier for oxygen-rich blood to provide energy to the muscle. These factors means you'll be able to operate aerobically for longer: burning glycogen for longer before you start to build up lactate, leading to the burning sensation in your legs.

NERVOUS SYSTEM

'Nerves contain axoplasm, a liquid that runs through them,' says Christenson. 'With exercise this flows more easily, which improves the speed of signals between your brain and muscles and makes your movement more efficient.'

BLOOD VESSELS

'By training you produce 12-20 per cent more blood plasma, the substance that carries oxygen-heavy red blood cells,' says Luke Copeland. 'This means more oxygen to your muscles and better temperature regulation during running.'

IMMUNE SYSTEM

'Moderate training is good for the immune system,' says Dugdale. 'But overtraining can increase the likelihood of viral and bacterial disease, so it's important not to overdo it.'



LUNGS

Chances are when you started running you found yourself out of breath, but over time it became easier to sync your breathing with your footfall. This is because your lungs learn how to deliver more oxygen to the bloodstream quicker, as well as becoming more efficient at ridding the body of the waste product carbon dioxide (CO₂).

'When you run, oxygenated air collects in sacs in the lungs called alveoli,' says Christenson. 'Through a process called diffusion, the oxygen from the air is transferred to the capillaries, which then transport the oxygenated blood around the rest of the body to your muscles,' she adds. 'At the same time, CO₂ is transferred from your blood to the alveoli to be expelled into the air when you exhale. Your lungs become more efficient at getting more oxygen to your muscles not only by better processing the amount you take in during each breath, but also by increasing your respiration rate – that's why you breathe quicker when you run.' When you're at rest your ventilation rate – the amount of air inhaled – may be 10 litres per minute, but could go up to 100 litres per minute when you're running hard. 'Over time you can increase this figure further and process up to 200 litres per minute if you become a highly trained athlete,' says Christenson.

► With regular training you grow more capillaries, which means you can get more oxygen to your muscles quicker.

► The endurance capacity of your respiratory muscles – including the diaphragm and intercostal muscles – increases, allowing deeper, fuller and more efficient breaths when you run.



► The more you run, the more alveoli you grow. These take oxygen and transport it into the capillaries.

BONES

Strong bones are integral to your long-term health as a runner. Your skeletal structure provides the strength and rigidity that allows you to train and adapt, and despite what your naysayer friends may believe, regular running can actually make your bones stronger, as Copeland explains: 'This happens through your body responding to the impact of running by increasing bone-mineral density to protect it. The extra strength allows the bone to more easily withstand the same amount of stress from running in the future.' Be warned, however, says Christenson: too much running can have the opposite effect. If you suddenly up your training dramatically or consistently train hard on insufficient calorie intake, the resulting energy deficit can lead to bone thinning, stress fractures or osteoporosis – so make sure you fuel up and rest properly too. 

► Your body reacts to the impact forces of running by sending osteoblasts and osteoclasts (cells from which bone develops) to the bones' surface.



► A matrix of protein develops between the cells, knitting them together and causing the bone to increase in density, mass and, therefore, strength.



1

HEAD CARRIAGE

Imagine you're balancing an egg on top of your head. With that posture, ears above your shoulders, you'll have to bring your knee higher to keep your head straight. That will increase your cadence and let you cover more ground than you would by overstriding. With your head held level, look 20-30m ahead.

2

STOMACH AND BACK POSITION

Keep your midsection engaged when you're running. Your stomach should be tucked in, with some tension in your abdominal muscles. Think of it almost as though you're expecting someone to punch you in the stomach at any moment.

5

ARM CARRIAGE

Swing your arms in the direction you're moving, not across your body. Drive your arms as straight as possible, with the insides of your wrists near your waist. One way to visualise this is to think of cowboys reaching for their pistols, with their arms moving quickly past the sides of their waist.

THE
BODY
ISSUE

RUN
SMOOTH



4 LANDING POSITION

Your feet should land under your centre of mass. If you overstride, with your feet landing well in front of you, you'll brake slightly with every step and spend more time on the ground rather than transitioning quickly to the next step.

3

LEG SWING

When your right leg leaves the ground and swings forward, your right foot should drive towards the level of your left knee. Reaching calf height is a good goal for people who currently shuffle. Doing so will make your body more upright and help you cover more ground with each stride, without overstriding.

Poetry in motion

This is how you should move when you run. Use this masterclass from 2014 Boston Marathon champ Meb Keflezighi to prepare your body for faster, stronger, smoother, healthier running





R

unning is one of the few sports where even serious

participants are often told not to worry about their technique. You'll hear many people say, 'Just run, and your body will find its most efficient form.'

I don't agree with that. There's room for improvement – our bodies can be guided into a better way of moving rather than simply finding the path of least resistance. A tennis coach wouldn't tell a player, 'Take enough practice swings and you'll be fine.' The coach would identify ways in which a player could become more efficient or reposition themselves to make better use of their ability. The same goes for running.

It's also true that runners have won races and set records with what appears to be less-than-perfect form. The most famous example in modern times is Paula Radcliffe, who set the still-standing women's marathon world record of 2:15:25 in 2003. I remember the first time I saw her, in a 10,000m race. I thought there was no way she could win with her head and neck bobbing around like that. She won. And from that I learned that the most important part of a runner's body is the engine – your heart and lungs.

However, that doesn't mean that runners with glitches in their form can't become better than they currently are. Sometimes we inherit bodily quirks; these are hardwired into us and it could be disastrous to try to run with fundamentally different form. But we can always work to improve our weaknesses. My left hand has a tendency to flop out a bit when I run. By being mindful of it and reminding myself to keep it closer to my body, I can run more efficiently.

You can always improve something in the way your body moves. How big an improvement you want to make is up to you. But to say, 'I'm going to try to be the best runner I can be but ignore my form' is misguided. With more efficient form, you'll go further with each step while using the same amount of energy you'd use running with less efficient form. Also, with your motion better directed toward moving forward, you're less likely to shift some of the pounding to body parts that aren't designed to absorb it, and that should decrease your risk of injury.

It's easy for the running mechanics through your whole body to be thrown out of whack by just one bad element in your running form. For example, if your head is thrust forward in front of your body rather than being in line with

ONE-MINUTE FORM CHECK

One aspect of form that's often different between pro runners and those further back in the pack is cadence, or how many steps are taken per minute. Pros run with a quick cadence and not much ground contact time. Many others have a slower cadence.

At a pace of about 6:00min/mile, my cadence is just over 180 steps a minute. When I'm running faster, it can get into the low 200s. Check yours by counting the number of times one foot hits the ground in a minute, then doubling that. Aim for 180 steps per minute.

your shoulders and trunk, you might overstride, lean forward too much or have longer ground contact time – or all three. That's going to lead to you bringing your hamstring up more behind you than underneath you, which can, in turn, lead to cramping or injury – and you'll be slower.

Such problems might not be a big deal in a 5K – although they probably will make you slower – but over the course of a marathon, you're asking for trouble.

Also, better running form can make running feel easier and more enjoyable. Who wouldn't like to feel better running? The more pleasurable running feels, the more you'll want to do it and that, in turn, will lead to further improvement.

Finally, I think looking good while you run is important. Most of us draw satisfaction from positive feedback. So, just as impressing others with your times might help you run faster, impressing with your form can be an incentive to run more efficiently. One of the greatest compliments I've ever received was from Geoffrey Mutai. He once told me how smooth I look running. It's something we runners can appreciate about one another, the same way a golfer can appreciate the beauty of a top player's swing.

At the start of my professional career, I moved away from regular form work for a while. But after I recovered from a pelvic stress fracture in 2007 and 2008, I re-dedicated myself to prepping my body to run with the best possible form. Now I consider it an integral part of my training.



Do this!



Practice elements of good form for short periods during some runs.



Make form drills an integral part of your training.



Regularly work to improve your running form.



Monitor your form during races to stay efficient.



Consider how your posture affects your form even when you're not running.



The form drills

These will improve running form by strengthening key muscles, improving range of motion, boosting the communication between your nervous system and muscles, and by making you more mindful of good form. Aim to do them at least twice a week (even if you have to shorten a run), rotating among the ones you need most. The payoff – greater speed and less injury risk – outweighs what you'll get from more miles.

Skiping exercises

These increase stride length and knee lift, and improve single-leg balance. Skip for 20m, rest briefly, then repeat. Do the exercises forwards and backwards, twice each.

(1) Skip forward, raising your knees to a 90-degree angle, while the bottom of your raised leg's foot stays parallel with the ground.

(2) Skip forward, tucking the foot of your raised leg under your bum, then extending your hamstrings (see photo) before landing.

(3) Skip forward and snap your raised foot back as if trying to kick your bum, while keeping your supporting leg straight.

But don't!



Force changes in your running form. They should feel like a natural transition.



Overstride!



Work on your form so much that you don't enjoy your running.



Think that shoes are a magic bullet for improving form.



Forget that training and desire are what get you to the finish line.





ALL DAY BODY WORK

Sitting for many hours a day can compromise your body's posture and harm your form. You also get what physiotherapist Phil Wharton calls 'glutes in hibernation', meaning these large muscles, which contribute so much to good form, become unused to firing properly. Here's how to fight it:

Stand up Get up from your chair at least twice an hour. Try not to spend more than an hour at a time sitting still. Standing or walking around for even a minute can help activate your hibernating muscles.

Stay up A standing desk can help you spend more time on your feet.

Have a ball Sitting with good posture on a stability ball engages your glutes and core muscles more than using a normal chair does.

Go straight Sit upright, feet flat on the floor, legs bent at 90 degrees, and your upper body straight from your waist through to your shoulders. Your ears should be directly above your shoulders.

Walk around Stand up during meetings if you can, or while you're on the phone.

Dress to compress If your job involves a lot of standing, try wearing compression socks to help increase blood circulation. Ideally, women should avoid high heels; they shorten and tighten Achilles tendons and calves.

Carioca and quick feet



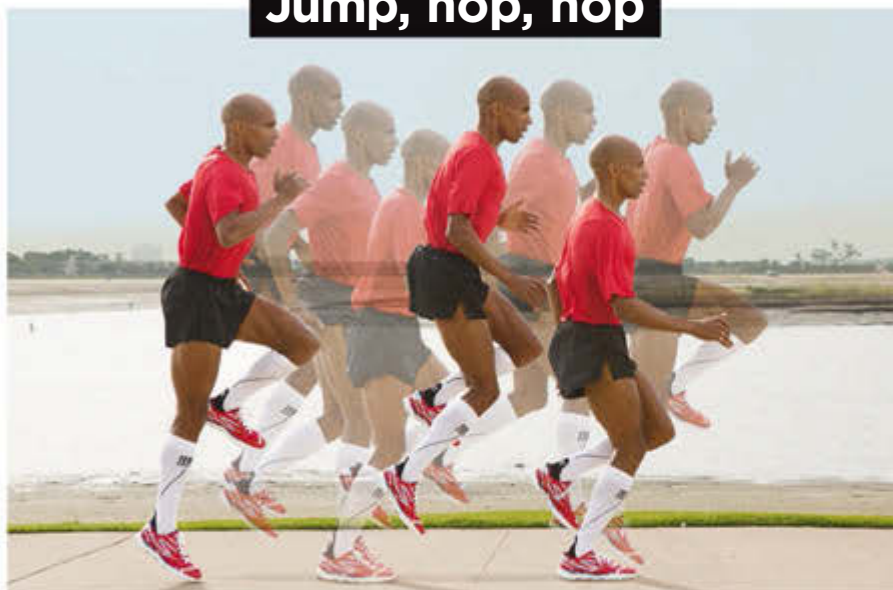
These drills will help reduce your ground contact time and give you a quicker, more efficient turnover. Carioca drills also improve your knee lift and your hips' range of motion. Go 20 metres in one direction, then 20 in the opposite.

(1) At a brisk skipping pace, move laterally to the left, crossing your right leg first in front and then behind your left leg (photo above). Swivel your hips and swing your arms to assist in the movement.

(2) Do the carioca drill, raising your front knee to 90 degrees, or as high as you can.

(3) Quick feet: on the balls of your feet, shuffle forward as quickly as you can. Remember to stay tall during the movement.

Jump, hop, hop



These drills teach your running muscles to work in sync with each other, increase your power when pushing off, improve your ability to move in all three planes of motion and strengthen several often-neglected muscles.

(1) Bounce forward powerfully on both legs, moving just a few inches at a time. Hop for three metres, then do the same distance backwards.

(2) Stand on your right leg with your left

foot up. Hop forward for three metres, then backward (photo above), then switch legs.

(3) Standing on your left leg, hop three metres to the side, then back the same distance. Switch legs and repeat.



YOUR PHONE IS A BAD CALL

Carrying a mobile can affect running form

I see a lot of runners who train with their phones strapped on their arms so they can listen to music. Unfortunately, this is a bad idea if you care about your running form.

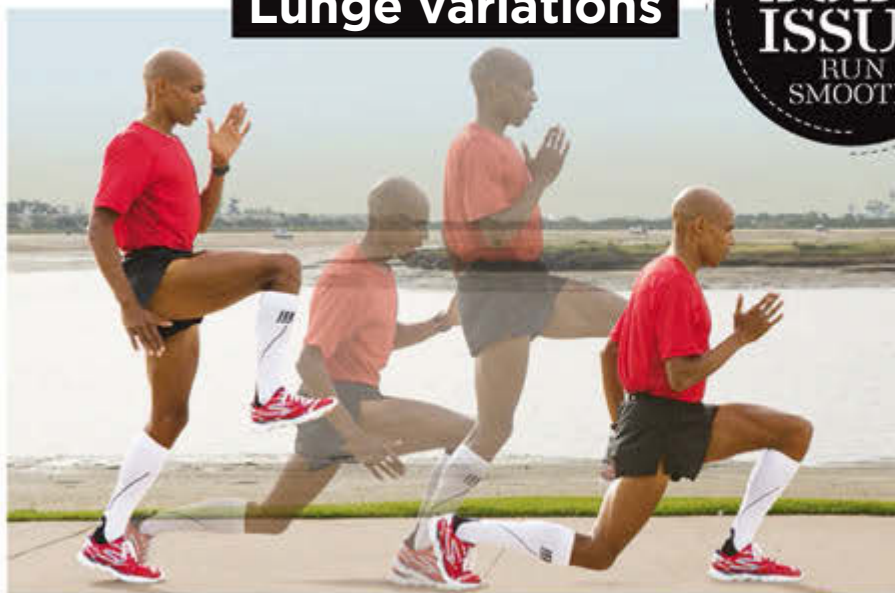
The next time you see someone running like this, look closely. If their phone is on their left arm, above the elbow, you'll see the right hand and arm swinging normally, but the left arm will swing out more because of the extra weight it's carrying. You might run like this and feel it doesn't affect you, but you'll have to compensate for that wider arm swing somewhere on your body. Maybe you'll have more side-to-side motion, or your iliotibial band – the ligament running along the outer side of the thigh – will tighten.

It's not that running with music is necessarily bad, but there are ways to do it that won't affect your form, such as clipping a wireless MP3 player to your waistband. And maybe you'll find you enjoy being without your phone during your run, allowing you to fully disconnect and mentally recharge.

If you need to carry a few essentials, a small bum bag won't affect your form much, but keep it light and position it in the centre of your back, just above your bum. Ensure it's tightly secured so that it doesn't flop and cause you to adjust your stride. Fuel belts shouldn't affect your form too much, either.

Photography (opener) Holly Andres

Lunge variations



Lunges build strength throughout your core and improve your balance.

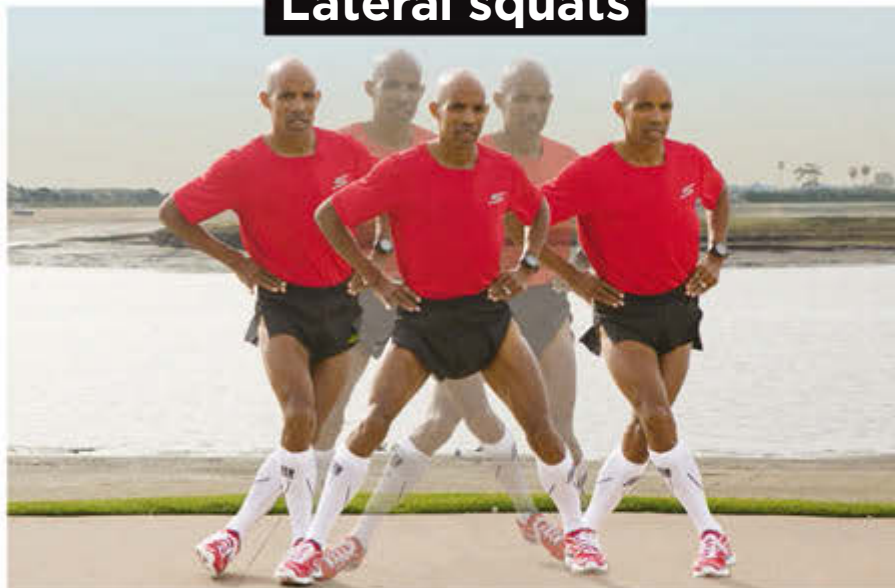
(1) Lift one knee to 90 degrees, then take a step forward and land with your knee still at 90 degrees (photo above). Push from the glutes of your forward leg to initiate a lunge with the other leg. Do this for 20 metres.

(2) Do the same lunges walking backwards for 20 metres. These moves will also work

your hip flexors. (And yes, they're supposed to be difficult).

(3) Lateral cross-over lunges. Stand on your left leg, cross your right foot over your left leg and squat as low as you can to the left. Bring your right leg back over and stand to repeat. Do the move 10 times on each side.

Lateral squats



Lateral drills engage gluteal muscles and improve your balance. Move 20m each direction.

(1) Squatting with your feet and knees together, step sideways.

(2) Squat, with legs shoulder-width apart. Cross your right leg over your left foot,

then move your left foot to the left (photo above). Repeat the crossover pattern.

(3) Cross your right foot in front of your left, then behind it, maintaining a squat.

Adapted from Meb for Mortals: How to Run, Think and Eat Like a Champion Marathoner, by Meb Keflezighi with Scott Douglas (£13.20, Rodale).

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The road to fitness has taken a watery turn. Now it's in the pool that the fastest gains are being made. And that's what our challenger has discovered during the six-week #getspeedofit challenge. While

running is a choice route to a peak physique, swimming acts as a shortcut: your lung power increases, muscle pain is lessened and strength is boosted. Herein lies your map to getting fitter, faster. Join Speedo today. Thank us later.

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FLIP OUT

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PROGRESS REPORT

DAVID SHEPHERD

'I have my next triathlon soon, so I've been taking this seriously – swimming-five-times-a-week seriously. Speedo Swim Coach Dan's tips helped – I now move like a torpedo, rotating my body, and this has cut my PBs. And I'm not just talking about in the pool; on the road my running has become more efficient and my lungs are stronger.'

Change lanes

To play your part in the ultimate fitness challenge and further improve your performance on the road with swimming, check out the link below, plus see what prizes can be won. Join the discussion and follow our challengers at #getspeedofit



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Coach

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More training means
more protein means
more vitamin B6
means more bananas

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Top to bottom

Mastering the fine art of running downhill.

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Food stuff

The vital nutrients you may be missing out on.

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Knees must

How to keep this vulnerable joint in great shape.

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Light, fantastic

Why running in the sun can be good for you.

THIS MONTH'S EXPERT PANEL



GREG WELLS

Assistant professor of kinesiology at the University of Toronto, Canada. **p82**



LIZ APPLEGATE

Director of Sports Nutrition at the University of California at Davis, US. **p84**



JORDAN METZL

Sports doctor, marathoner and author of *Running Strong* (Rodale). **p86**



MARTIN FEELISCH

Professor of Experimental Medicine, University of Southampton. **p91**



ELIZABETH HALE

Professor of Dermatology at the New York University School of Medicine, US. **p91**



PAUL HOBROUGH

The former GB athlete is owner of Physio&Therapy UK (physioandtherapy.co.uk). **p95**

DOWN TOOLS

Train on descents to build strength, increase speed and boost coordination – and don't forget to have some fun

When most runners tackle hills, they focus on the difficulty of the climb. But downhill running poses its own set of challenges – and rewards. Descending feels easy aerobically, but each step triggers muscle-damaging eccentric contractions in the quadriceps and lower legs, says Greg Wells, an exercise physiologist at the University of Toronto, Canada, and the author of *Superbodies: Peak Performance Secrets from the World's Best Athletes* (Harper Collins). These contractions still occur on level ground but on declines the eccentric load increases as the muscles work to control your speed. This creates more micro-tears, which stimulates muscle growth but leaves you sore. That's one reason the Boston Marathon, with its four-mile downhill opening stretch, is so tough.

Practising running down hills prepares your body to handle these eccentric contractions, decreasing the negative effects and improving your performance on courses that have a net descent. But even if you're not training for a hilly race, you can benefit from incorporating regular downhill running into your routine; the muscle you build working on the decline translates into faster paces on any terrain. You will be able to run faster with less effort, giving you the ability to perfect your technique at near-top speeds. Here's how to safely enjoy the way down.



SELECT YOUR SLOPE

You can practise downhill running through focused repeats or an extended run on a hilly route (see *Perfect the plunge*, right). Either way, you'll want to choose your hills wisely, says Sean Coster, an exercise physiologist and running coach. Extreme grades – for example, 20 per cent drops – increase the impact too much (as well as the risk of ankle, hip, and knee injuries). Instead, look for a gradual slope of no more than eight per cent. (To determine the grade, use a GPS watch that tracks elevation: run up the hill, then check your





data for the elevation change. Divide this by the distance you ran in feet to get the slope; for example, .08 equals eight per cent.) Choose softer surfaces such as grass or gravel if you're new to downhill work. But if you're training for a hilly road race, progress to some paved declines in the months beforehand, says Rebekah Mayer, national training manager at Life Time Run, a run and racing company based in Minneapolis, US.



FOCUS ON FORM

Use mental cues to optimise your form and reduce your injury risk. Instead of looking at

your feet, pretend you have a grapefruit nestled between your chin and your chest, says Coster. This keeps your gaze 10-15 metres in front of you and your posture upright. Engage your core and lean forward slightly from the ankles, aligning your upper body over your lower body or even slightly ahead of it; this counteracts your natural tendency to lean backward and slow down, says Mayer. As you descend, shorten your stride and quicken your cadence. That way, you'll take lighter steps and land more on your midfoot instead of using your heel as a brake. And keep a slight bend in your landing leg to avoid absorbing all the impact in your knee, says Wells.



TIME IT WISELY

If you're thinking about running a descent-filled race, begin adding downhill workouts early in your training schedule. 'As with any new training type, it's always best to start small,' says Mayer. Begin with one downhill session every other week. Eventually, you can work up to one or two per week, but schedule another only when you've completely recovered from the previous one. If you're running a race with extremely steep downhills, make sure at least a few of these workouts are race-effort runs that include similar terrain – but avoid downhill repeats on such sharp declines. And reduce your workouts again as your race nears. Avoid pushing the pace on downhills two to three weeks beforehand, when the risk of injury outweighs the benefits, advises Mayer.



PERFECT THE PLUNGE

Try these challenging downhill workouts from coach Rebekah Mayer

DOWNHILL RUN/WALK

Beginners can select a route with gradual rolling hills, ideally on grass, or a dirt or gravel trail. Walk the ascents and gently run the descents, letting the gradient carry you down.

DOWNHILL REPEATS

After three months of consistent downhill running, move on to these tougher intervals. Find a grassy hill about 100 metres long (the length of a football pitch), with a two- to three-per cent grade. After a 10-minute warm-up, run up at an easy pace, then run down at a comfortably hard effort. Repeat two to four times. Each week, you can add a repeat or two or find a slightly steeper hill.

DOWNHILL LOOPS

To add focus on your preparation for a hilly race, find a hilly loop of about 1.5 miles. After a 10-minute warm-up, run the loop with moderate effort on the uphills and a comfortably hard effort (about your goal pace) on the downhills. Rest for two minutes, then repeat two to four times. Each week or two you can progress by adding a loop, picking up the pace or reducing your rest time. 



Words: Cindy Kuzma Photography: Anthony Georgis

SECRET INGREDIENTS

Many runners fall short on under-the-radar nutrients that are essential for performance. Here's how to get the good stuff

For lung and muscle repair

Get more Vitamin E
Eat it Almonds, frozen spinach, avocado

Vitamin E acts as a potent antioxidant that protects cells (particularly lung and muscle cells) from microscopic oxidative damage that occurs during intense exercise. The key is to get the vitamin from food sources – not from supplements, which do not appear to offer the same protection and can be harmful in large doses.



The fat in avocado – here spread on toast – allows for better vitamin E absorption.



30g of almonds (23 nuts) pack 37 per cent of your daily vitamin E needs.



Frozen spinach provides more vitamin E than fresh leaves.

For healthy bones

Get more Magnesium
Eat it Swiss chard, tofu, cashews

This mineral plays a crucial role in processing carbs and fats for fuel, and supports bone health. Studies show many runners have marginal magnesium intake. Eating refined grains (which lack the mineral) can contribute to the problem. Regularly drinking alcohol also leads to magnesium loss. In the long term, low magnesium levels may increase your risk of poor bone health, heart disease and high blood pressure.



The chlorophyll pigments in dark leafy greens, such as Swiss chard and kale, are high in magnesium.



Add 125g tofu and 30g cashews to a stir-fry for 30 per cent of your daily magnesium needs.

For stronger joints

Get more Copper
Eat it Clams, sunflower seeds, beans

Copper plays a role in forming collagen, a component of connective tissue. It also promotes healthy red blood cells and helps prevent anaemia.

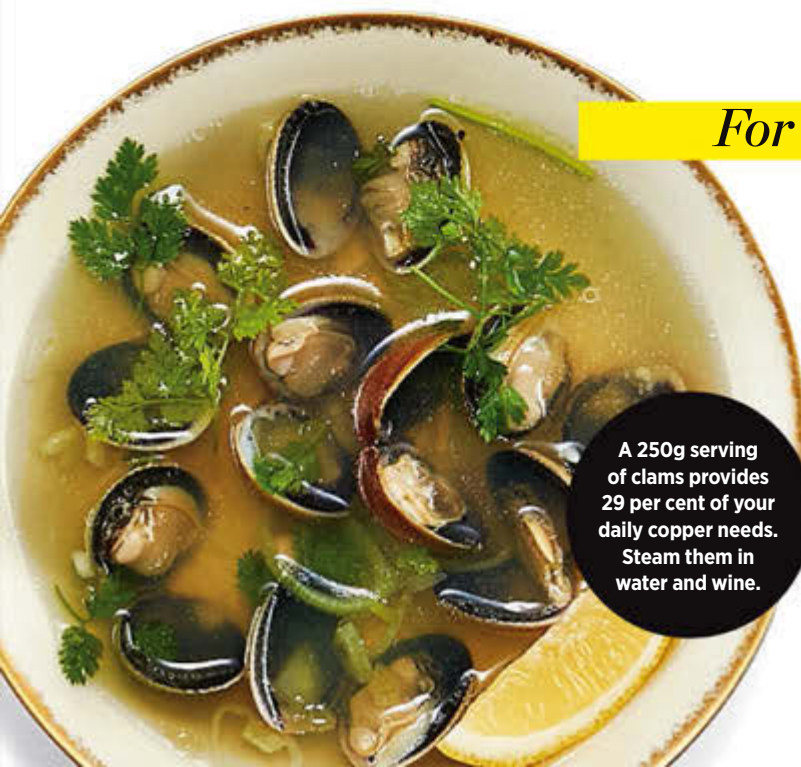
Runners who take iron or zinc supplements are prone to copper deficiency because high amounts of either mineral block copper absorption.



A 250g serving of clams provides 29 per cent of your daily copper needs. Steam them in water and wine.

Aim for at least five servings of beans or lentils per week.

Eat 30g of sunflower seeds to get a quarter of your daily copper needs.





Bison mince (£5.50 for 500g, farnlessfarmpark.co.uk) is leaner than beef. An 85g serving contains 83mg of choline.

For muscle movement

Get more Choline
Eat it Eggs, peanuts

Choline helps relay information from your brain and nerves to your muscles, telling them to contract. Some research suggests endurance training and intense running may deplete choline

levels and potentially contribute to fatigue. Your body makes some choline, but eating foods that contain it can help keep your levels high (avoid supplements, which may cause GI distress).



Egg yolks are one of the richest dietary sources of choline.

Eat a handful of peanuts or a spoonful of peanut butter for a midday snack.

For protein processing

Get more Vitamin B6
Eat it Bananas, chicken, acorn squash

When your training increases in intensity, your need for protein goes up and so does your vitamin B6 requirement. This nutrient helps clear potentially harmful protein by-products, such as homocysteine. Researchers

have noticed that levels of this compound rapidly increase after hard runs, such as marathons. Homocysteine damages blood vessel walls and may be partially to blame for some cardiac events suffered by runners.



*Use leftover **grilled chicken** in salads, sandwiches or soup.*

*One **banana** packs 22 per cent of your daily vitamin B6 needs.*



Slice an acorn squash in half, roast and stuff it with pilau rice for a good dose of vitamin B6.

KNEED TO KNOW

Sports doctor **Jordan Metzl** explains how you can keep your knees in good shape

Why do you run? Because it feels good. Because it relieves stress. Because it enables you to eat cake. I get that, because running is also important to me. I'm a 32-time marathoner who knows how frustrating it is to be injured. It's the reason I became a sports doctor. Ripping my anterior cruciate ligament playing football when I was in medical school was devastating, but it was the single most important event to influence my work. It's what drives me to help my patients. Almost every day I treat runners with achy knees. Many are freaked out: can I still run? Will I have to switch to swimming? Thankfully, most knee problems won't keep you off the road for long. Here's what you need to know about common knee injuries.

1

RUNNER'S KNEE

What's going on?
When the patella moves out of alignment during running, the cartilage beneath it becomes irritated.

TREAT IT

- ▶ Reduce mileage. Cross-train with activities that don't aggravate your knee
- ▶ Apply ice for 15 minutes five times a day
- ▶ Take an anti-inflammatory
- ▶ Foam roll your quads
- ▶ If the pain continues, see a doctor

PREVENT IT

- ▶ Strength train (see p80)
- ▶ Foam roll daily
- ▶ Shortening your stride can take pressure off your knees. Aim for 170-180 footstrikes per minute

WHERE DOES IT HURT?

Pain below your kneecap and at the top of your shin; it sharpens on the run. Also hurts going up or down stairs
DIAGNOSIS PATELLAR TENDINITIS (2)

WHERE DOES IT HURT?

Pain under your kneecap that feels worse after running and when you walk up or down stairs.
DIAGNOSIS RUNNER'S KNEE (1)

2

PATELLAR TENDINITIS

What's going on?

The force placed on the knee during running can sometimes put too much strain on the patellar tendon.

TREAT IT

- ▶ Stop running until you can do so pain-free; cross-train instead
- ▶ Apply ice for 15 minutes five times a day
- ▶ A patellar tendon strap can reduce pain
- ▶ If it doesn't improve, see a doctor

PREVENT IT

- ▶ Strength train (see p80)
- ▶ Stretch your quads and hamstrings
- ▶ Foam roll daily



4

OSTEOARTHRITIS

What's going on?

The wearing out of hyaline cartilage (lining of the joint) causes bone to grind on bone.

TREAT IT

- ▶ Keep moving. Activity keeps joints lubricated
- ▶ Take an anti-inflammatory
- ▶ Strength train (see p80)
- ▶ Run on soft surfaces
- ▶ See a doctor

PREVENT IT

- ▶ Strength train (see p80)

WHERE DOES IT HURT?

Pain, swelling and stiffness in your knee during running or even day-to-day activities.

DIAGNOSIS

OSTEOARTHRITIS (4)

WHERE DOES IT HURT?

Pain on the outside of your knee. It usually comes on five minutes into a run and subsides when you're finished.

DIAGNOSIS ILIOTIBIAL BAND SYNDROME (3)

3

ILIOTIBIAL BAND SYNDROME

What's going on?

The iliotibial band (ITB) runs from your hip to your knee, crossing the knee joint. A fluid-filled sac called the bursa sits between the ITB and the outside of your femur, near your knee. When the ITB is tight, the bursa gets squeezed, causing pain.

TREAT IT

- ▶ You can run unless pain forces a change in your form. Reduce your mileage and cross-train
- ▶ Foam roll your ITB on the soft part of your outer thigh
- ▶ If you overpronate, wear motion-control shoes
- ▶ See a doctor if it persists

PREVENT IT

- ▶ Strong glute and core muscles are key (see p80)
- ▶ Foam roll your ITB daily
- ▶ A shorter, quicker stride can help. Aim for 170-180 footstrikes per minute

TURN
OVER



JOINT ACTION

Jordan Metzl's plan strengthens your lower body to protect your knees

My prescription plan for pain-free knees: strength training. Your feet, lower legs, knees, thighs, hips, lower back, core and arms are all part of your running kinetic chain; when one link isn't working the repercussions can be felt all the way up or down the chain. Strong quads will help stabilise your knee, while strong hips, glutes and core muscles prevent your hip from dropping and your knee from caving in. Doing these exercises twice a week (or more if you are injury-prone) will keep your knees – and the rest of your body – in proper working order.



For a video demonstration of this routine, go to runnersworld.com/strongknees



JUMP SQUAT

Extend your arms in front of you. Squat down, then explode up as high as you can and land softly. Maintain good anatomical position and control the movement. Do four sets of 15.



WALKING LUNGE

Step forward and lunge. Then bring your back foot forward and lunge with that leg. Continue lunging, alternating legs. Do three sets of 15 reps (right and left together is one rep).



SIDE-TO-SIDE LUNGE

Take a wide stance. Clasp your hands and put your weight on your left leg. Bend your left knee to lower down. Without standing, shift to the right. Do three sets of 15 reps on each side.



MOUNTAIN CLIMBERS

Get into a press-up position. Bring your right knee in, then extend it back. Repeat with your left leg. That's one rep. Do three sets of 15 reps.



LATERAL BAND WALKS

Place a resistance band around your thighs. Keeping your feet apart so there's tension on the band, take 20 steps to the left. Then sidestep back. Do three sets.



REVERSE HIP RAISE

Lie facedown on a stability ball. With almost-straight legs, lift your hips and legs until they're in line with your torso. Squeeze your glutes, pause and lower your legs. Do three sets of 15 reps.



Adapted from
*Running Strong:
The Sports
Doctor's
Complete
Guide to Injury-Free
Running for Life*, by
Jordan Metzl (Rodale).

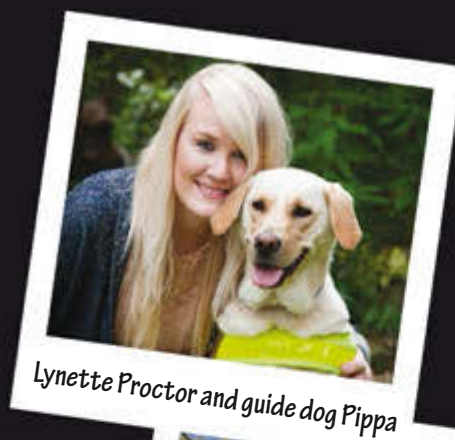


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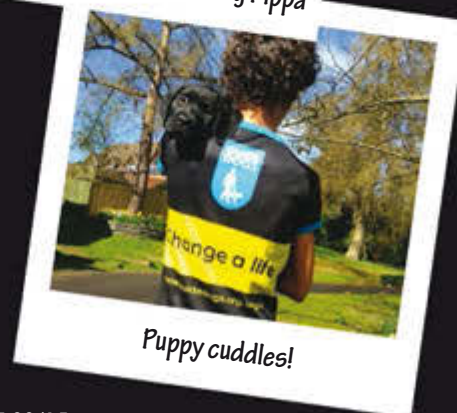
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RUN TO THE LIGHT

Research reveals surprising perks of running in the sun – if you take care out there

A runner's relationship with the sun is complicated. You love soaking up its warmth and energy, but you hate when it leaves its mark – age spots, tan lines, painful burns – and you dread the long-term damage that may result. There are, of course, reasons to be wary, especially if you're logging lots of summer miles. But you might be surprised to learn that running in the sun also does your body good. Here's how to balance the risks and rewards.

SUN IS BAD NEWS FOR SKIN...

The sun's ultraviolet rays can cause skin cancer, and runners may be especially vulnerable. A study in *Archives of Dermatology* found that marathoners showed increased numbers of abnormal moles and age spots, putting them at higher risk for malignant melanoma. Training outdoors increases runners' exposure, but researchers cited another – less obvious – contributing factor: long-term intense exercise (such as marathon training) can suppress the immune system, increasing vulnerability to skin damage.

Adding insult to injury, when your immunity is suppressed you are also more susceptible to other, non-threatening (but still annoying), skin issues such as blisters and chafing. 'Overexposure to UV radiation can suppress your skin's ability to properly protect itself

and heal,' says Elizabeth Hale, a professor of dermatology at the New York University School of Medicine and a marathoner.

What's more, UV rays can contribute to eye damage, such as cataracts and, according to research published in *Clinical, Cosmetic and Investigational Dermatology*, they are responsible for 80 per cent of the visible signs of skin ageing, including wrinkles.

...BUT YOU STILL NEED IT

Knowing all that you may think you should never venture out on a sunny day. However, from a biological standpoint, sunshine is vital to your mental and physical health. 'Being in the sun is part of a healthy physiology,' says Martin Feelisch, a professor of experimental medicine and integrative biology at the University of Southampton.



DO YOU WEAR SUNSCREEN WHILE RUNNING?



36% Never
36% Hardly ever
19% Almost always
9% Always

Based on 1,550
respondents in an RW poll



Case in point: vitamin D, which your body makes when your skin is exposed to UVB rays. Around one fifth of UK adults may be deficient in the 'sunshine' vitamin. A lack of vitamin D is associated with depression, bone fractures, hypertension, autoimmune diseases and cancer – and too little sun exposure is the biggest reason why levels are low.

BLOOD BOOSTER

But that's not the only role the sun plays in our health. Recent research from Edinburgh University reports that the skin contains large amounts of nitric oxide, a compound that dilates blood vessels to reduce blood pressure and lower the risk of heart attack and stroke. Sunlight activates those nitric oxide supplies and releases them into circulation, says Richard Weller, a senior lecturer in dermatology who conducted the research.

And here's the kicker: time in the sun may also lead to faster race times, according to research presented at the American College of Sports Medicine conference in May 2014. After cyclists spent 20 minutes under a UVA lamp, they completed a 10-mile time trial faster than when they did it without the rays, says Chris Easton, an exercise physiologist at the University of the West of Scotland. 'The large stores of nitric oxide released from the skin help more blood and oxygen flow to your muscles,' says Easton. 'Plus, by reducing the amount of oxygen the muscles use to produce force, the nitric oxide helps you go harder, longer.' (The cyclists' times were even faster

than when they ate rhubarb and Swiss chard, which also increase circulating levels of nitric oxide, but to a lesser degree than the sun.)

PLAY IT SAFE

'Get out, but don't get burned,' says Feelisch. Even if you run when the sun appears closer to the horizon (before 10am and after 4pm) and wear sunscreen, you will get a fair amount of beneficial sun exposure, says Dr Ashish Bhatia, assistant professor of clinical dermatology at the Northwestern University Feinberg School of Medicine in Chicago, US. While sunscreen lowers your body's production of vitamin D, your body will still produce a decent supply of the vitamin, according to a study conducted at St John's Institute of Dermatology, King's College London. And while studies haven't yet examined the effect of sunscreen on nitric oxide levels, Feelisch says you'll probably enjoy some of the benefit even if you apply it.

Increasing your immunological defenses can also help safeguard your skin from damage. Schedule rest and recovery time each week, get at least eight hours' sleep each night and fuel up on antioxidants. 'Focus on eating a balanced diet that is very colourful,' Dr. Hale says. 'The more colours, the wider the array of damage-fighting antioxidants you're getting.' (Find sun-fighting superfoods in *The SPF Diet*, right.)

No matter how careful you are, check your body for new or changing moles every month, and visit your dermatologist once a year or more (depending on your personal risk level) for a skin-cancer screening.



THE SPF DIET

Strengthen your skin with these foods and supplements

TOMATOES

In a study published in the *British Journal of Dermatology*, women who ate 55g of tomato paste every day for three months were more protected against sunburn than those who didn't. Tomatoes are a major source of lycopene, an antioxidant that can help protect against UV damage.

ASPIRIN

Taking aspirin a few times a week for five years or more may cut your melanoma risk by as much as 30 per cent, according to a study from Stanford University School of Medicine, US. Research shows aspirin can slow the accumulation of DNA mutations in abnormal cells. (Check with your doctor before taking it.)

FISH OIL

Supplements help protect against the suppression of the skin's immune system in response to sun overexposure, according to *The American Journal of Clinical Nutrition*. Of course, opting for the real deal (fatty fish such as salmon, tuna and mackerel) also works.

GREEN TEA

A *British Journal of Nutrition* study reports that green tea may help protect against the harmful effects of sunburn, thanks to its catechin content. Aim for two or three cups a day.

SPICES

'Spices have some of the highest ORAC (antioxidant value) levels of all foods,' says sports nutritionist Alexandra Caspero. A teaspoonful does the trick. Try cinnamon in your post-workout smoothie or add dried spices to your morning scrambled eggs.

POWER-UP YOUR RUNNING

Boost your training this month with this special offer from our friends at Men's Health.
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TERMS AND CONDITIONS

To the Consumer
Present this voucher to your local retailer to receive £1.99 off the cover price of Men's Health magazine (July 2015 issue). This offer is valid from the 05th June 2015 to 2nd July 2015. This voucher may only be redeemed against a single copy of Men's Health magazine (July 2015 issue). Not valid in conjunction with any other offer. Vouchers are not transferable and are not valid outside the UK.

Offer available in WH Smith, Waitrose, Sainsbury's, Asda, Morrisons, Tesco and all good independent stores.

To the Retailer

Men's Health magazine thanks you for accepting this voucher. Please return it within 42 days of receipt (valid until 13th August 2015) to your wholesaler to receive £1.99 plus a handling charge. Notice: this voucher is not transferable. Accepting

it in lieu of payment for any other article constitutes fraud.

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Your head office will have received prior notice of this promotion. Please credit the retailer in the normal way plus handling fee and forward your claim and actual vouchers ASAP to arrive no later than 24th September 2015 to VR Ltd, PO Box 444, Basildon, Essex, SS14 3HF



Men's Health

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Garmin Forerunner 10



STRAVA
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VOTED TOP:

- **MARATHON** - ASICS Greater Manchester Marathon
- **INTERNATIONAL EVENT** - SSE Airtricity Dublin Marathon
- **WOMEN'S CLOTHING** - Nike ● **MEN'S CLOTHING** - Ashmei
- **SHOE BRAND** - Brooks ● **ONLINE RETAILER** - Wiggle
- **WOMEN'S SPORTS BRA** - Shock Absorber Ultimate Run Bra
- **NUTRITION BRAND** - High5 ● **WELL-BEING BRAND** - Clif Bar
- **SPORTS DRINK** - Lucozade Sport
- **ENTRY LEVEL TECH** - TomTom Runner
- **BLOG** - Fat Girls Guide to Running
- **WEBSITE** - Run Mummy Run

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ASK THE PHYSIO

WITH PAUL HOBROUGH

WAR OF NERVES

For runners, a compressed nerve can be a right pain in the backside

THE ISSUE: NEURAL TENSION

Strain on a nerve at rest and during movement is more common than you think. Nerves need to share an extremely small space with muscles, fascia, bones, blood, lymph, ligaments, fat and tendons. To work properly, they need to be able to slide and glide between these neighbouring tissues. Anything that reduces the space, be it swelling, prolonged muscle contraction or boney joints, can cause a plethora of symptoms, including numbness, pins and needles, and pain.

The most common issue for runners is piriformis syndrome, where a tight piriformis muscle (located deep in the buttocks) causes compression on the sciatic nerve as it passes under the muscle before travelling down the leg; this causes pain, tingling and numbness in the buttocks.

HOW IT AFFECTS FORM

Neural compression leaves you feeling like you have a limb that isn't your own. You don't feel in control, stride length is reduced, pain is present almost all the time and you are unable to push the pace. Your body will try to offload the compression: you may arch your back, overloading the hamstrings and hip flexors; or you may try leaning forward, which gives your calf muscles more to do. The worst side effect may be leaning to one side, causing more pain to your lower back and glutes.

THE TEST: THE SLUMP TEST

Sit on a bench or chair. Put your hands behind your back and slump forward from your chest as far as you can, then bend (flex) your neck forward and down to your chest and lift one leg up – toes pointing towards you – until you feel a pull along the glute to the back of the knee. If this brings about your pain sensation then it's likely there is a nerve issue. Lift your head slightly and see if the pain or pulling feeling eases. If it does ease then it has to be a nerve problem: only the nerve is moving if you lift your head; the strain will still be at the glute and hamstring.

Use this test to, in effect, 'floss' the nerve by adopting the position and lifting your toes at the same time as you lift your head. Hold for three seconds, then lower your chin and your toes at the same time. You are flossing the nerve along its route between the muscles and other soft tissues. This constant movement frees the nerve and allows it to glide again, reducing the compression and, in turn, relieving your symptoms. Try these exercises to improve flexibility and avoid the problem.



PIRIFORMIS STRETCH

From a press-up position, fold your right leg up so the knee lies below your left shoulder. Lower down and press your hips to the ground so your weight is on your right buttock. You'll feel a pull in the right hip and glute. Hold for 10 secs. Repeat on the other side.



KNEE ROLLS

Lie on your back, knees bent and feet flat on the floor. Keep your knees together and slowly roll them to one side, ensuring both shoulders remain in contact with the floor. Breathe deeply feeling the stretch in your lower back. Do 20 on each side.

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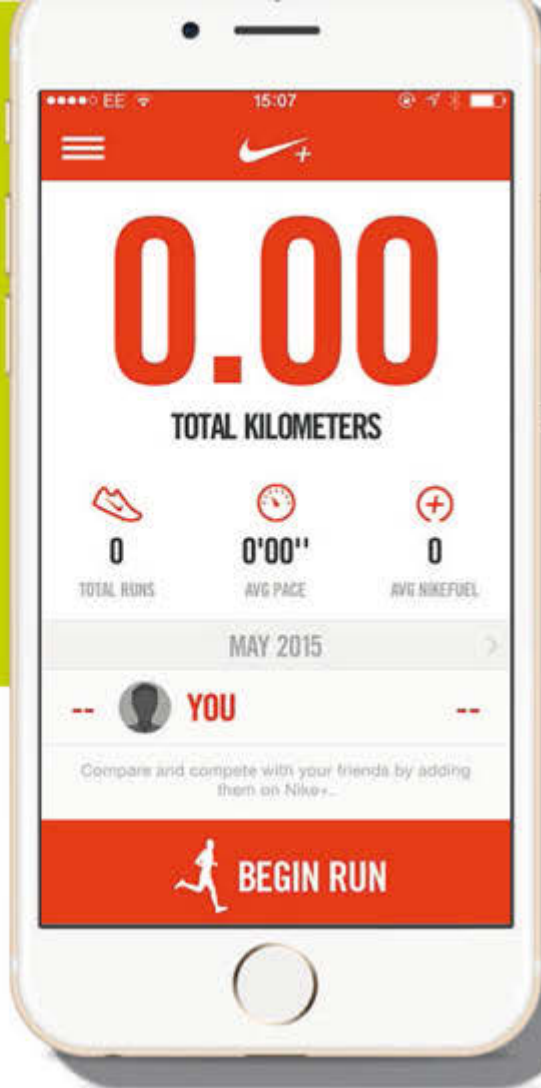
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IF THE APP FITS

The best tools for
tracking, training
and improving your
performance





NIKE+ RUNNING FREE

If you sign up to Nike+ there's a good chance you will very quickly become obsessed with the acquisition of 'Fuel' – a notional currency devised by Nike that you accumulate based on the completion of challenges, training sessions and by generally being active. The more fuel you earn, the more features and rewards you unlock. This up-front gaming-style approach to fitness has proved massively popular – Nike+ now has 38.4 million members worldwide.

Session-tracking data is focused on distance, pace and time, with motivation and reward more important than in-depth statistical analysis.

The 'Friends' section contains a leader board that offers detailed individual and group records, and user achievements, so you can assess your progress against your buddies and indulge in a spot of well-targeted and stat-supported trash talk. On a more practical level there's also an excellent 'Coach' section that offers personalised training plans, tips and advice, as well as videos of workouts from Nike-sponsored athletes such as four-time Olympic sprint champion Allyson Felix. The app works with Garmin and TomTom devices too, with more affiliations planned.

Best for Motivation and social competition



RUNKEEPER FREE, IN-APP PURCHASES AVAILABLE

With RunKeeper, an unfussy service with 25 million users, the focus is very much on personal gain. Post-run summaries provide stats you can sync to your social media feed, allowing you to show off. Distance, pace, calories and heart rate can be tracked, but you can also make personal notes about your run, add a photo, say who you were with and then share the activity.

RunKeeper also has numerous handy training plans, but what really makes it stand out is the level of connectivity to tracking devices and other apps. It supports Garmin, Withings and Fitbit products, and RunKeeper's service also syncs from Fitocracy, Zombies Run and Jawbone Up apps, among others. The Elite plan allows you to compare your sessions with other users and create goals for yourself.

Best for Improvement and tracker support



ENDOMONDO FREE

Accessible, intuitive and undemanding, Endomondo is focused on tracking your runs in as much (or as little) depth as you desire, using clean design and easily navigable menus. Logging a run is simple, and as soon as you finish you get lots of data, including how far and fast you've run, calories burnt, how high you've climbed and even weather info. There's an impressive array of features to support casual or dedicated users, but Endomondo never feels bewildering or off-putting. The app caters to newcomers while also providing detailed content and options for experienced runners. Among the most impressive features are the training programmes. Offering step-by-step advice, they're an assuring blend of information and support and we're not the only ones who think so: Endomondo has over 20 million registered users.

Best for Dipping your toe in the world of data



RUNTASTIC FREE, IN-APP PURCHASES AVAILABLE

Runtastic is worth exploring if you're prepared to pay a monthly subscription for the premium, or 'gold', membership. The free version is basic, but if you upgrade you're given access to a wealth of functions, such as detailed fitness reports, in-activity audio and live cheering.

Your emailed weekly fitness report includes training data and statistics indicating any improvement or decline. Also useful is 'Coloured Traces', a feature that overlays your map route, highlighting changes of pace, speed, elevation and grade. Other users tracking you can send cheers and audio clips for a boost to your morale mid-session. Most impressive for us was the 'Story Runs' feature – a library of 40-minute stories featuring music whose BPM (beats per minute) reflects the growing or diminishing tension in the narrative.

Best for Those needing mid-run motivation



GARMIN CONNECT FREE

This works best with Garmin's tracking devices; it's compatible with other devices but you have to convert your data files. The app is less sophisticated than the dashboard on the full Garmin Connect website but it does an excellent job of offering an overview of session information, with concisely presented statistics and data. It also gives you access to features such as live run tracking, so friends and family can track you to ensure you're safe or when you're racing; analysis of heart-rate zones so you can understand more about how your body reacts to different types of exertion; and segment creation, which allows you to create a course of any distance and set a fastest time; other users can then try to beat you. Guided training plans are a notable absence so you'll have to source these from elsewhere, but in all other respects Garmin Connect is excellent.

Best for **Beginners and data nuts alike**



MAP MY RUN £2.29

This is much more than just a run tracker: it logs your lifestyle. Featuring a compact and concise screen, your sessions are tracked with a live map and the statistics you'd expect, such as pace, distance, duration and calories burnt. You can also document your food and water intake; follow a calorie-consumption budget based on your profile weight and height versus levels of activity; and much more. There's even a Gear Tracker feature, which tells you how many kilometres your running shoes have left before you need to replace them.

Premium membership costs £3.99 per month and offers features such as Live Tracking (friends and family can follow you online), advanced heart-rate stats and our favourite feature – the excellent Route Genius, which devises a route given only a specified distance and a location to work from.

Best for **Micromanaging your fitness life**

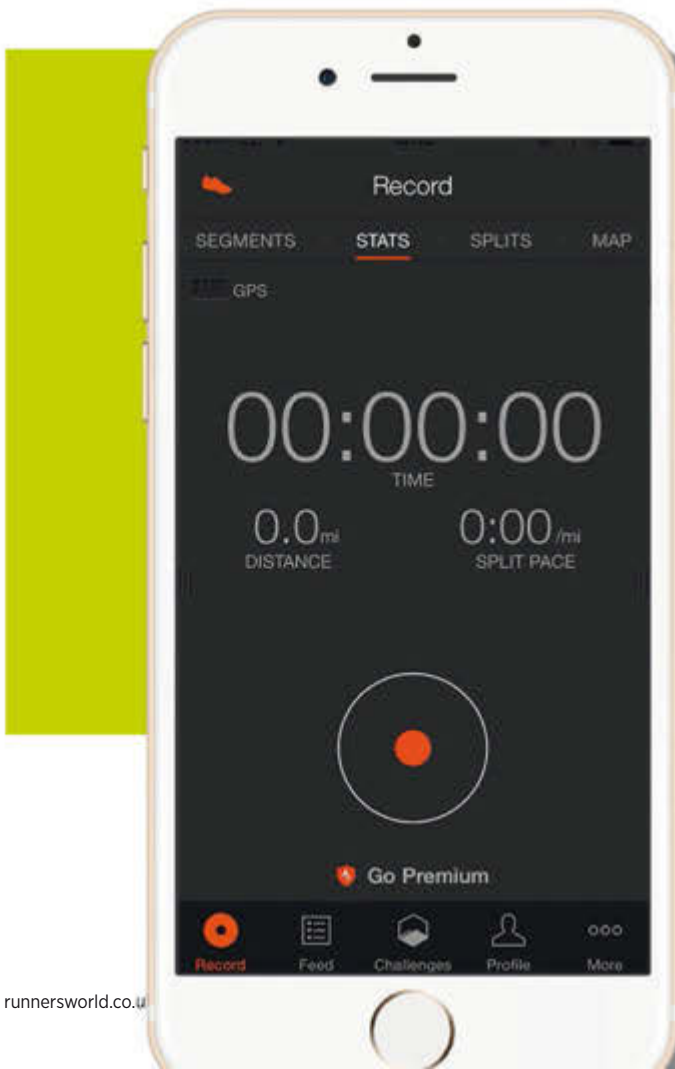


ADIDAS MICOACH FREE

Let's get the major flaw out of the way: this is only compatible with an Adidas smartwatch, but if you have one, miCoach is well worth investigating for its stylish, engaging design and impressively detailed functionality.

We especially liked the zone-based cardio training, with real-time voice prompts to tell you when to speed up or slow down, and the library of over 400 strength and flexibility exercises. It also logs all the usual training metrics – speed, time, distance, calories etc. One of the most impressive features is the 12-minute 'Assessment Workout', which tests your base fitness and uses that info to personalise the training prompts it gives you. The tests involve running at different speeds while miCoach tracks your 'perceived effort' based on the response (your speed) to an audio request to work harder.

Best for **Brand fans and self-starters**



STRAVA FREE, PREMIUM £3.99/MONTH

Strava is a unique training app, responsible for inspiring – and actively encouraging – intense competition across communities of users worldwide, whether that's over a whole course or a segment. It means that when you travel you can take on the locals and see if you can beat their time. The app is a potent mix of GPS and personal bests, catering for those preferring to climb leader boards and attempt to be the best. You can also pit yourself against others in a half marathon, for example – there are often tens of thousands involved. Those who complete challenges receive a digital finisher's badge in their 'trophy case'.

This is an app that is heavily focused on rivalry. With instant reports of the achievements of others, we found it invigorating to try to beat records. This type of setup makes the app an excellent motivational tool.

Strava attracts around 100,000 new users around the world each week, so there's plenty of healthy – and serious – competition out there. But if that thought doesn't get you fired up, you still get a huge amount of data metrics to analyse and compare your runs, as well as excellent multisport functionality and an intuitive interface.

Best for **Competitive animals**

HOW DO I...

STOP MY KIT FROM SMELLING

Hygiene expert
Dr Lisa Ackerley
(thehygeinedoctor.
co.uk) has
the solution



Step 1

Wash your kit immediately

Bacteria grow in temperatures between 15C and 55C in moist conditions, so letting your kit fester in your gym bag or laundry basket will only lead to the spread of odour-causing microbes.



Step 2

Raise the temperature

Wash kit on at least 60C. The higher the heat, the more bacteria you kill. A 2013 *Which?* survey showed many washing machines don't always reach the temperature they say they do, so crank up the dial.



Step 3

Hang your gear without delay

Leaving it even a couple of hours allows any remaining bacteria or mould to regrow in the moisture, leaving behind a tell-tale smell.

ON TEST

WATCH YOURSELF

A fitness tracker that aims to appeal to dedicated exercisers of all abilities

Fitbit Surge £199.99, fitbit.com

Built-in GPS tracking

Logs speed, time, distance, elevation, pace and the other staple metrics. The GPS stats are accurate but the satellite connection is variable and the map functionality showed some interesting route inaccuracies on Google Maps (such as running through buildings).

Multisport functionality

Can show metrics for sports other than running (such as cycling, yoga, golf, tennis and martial arts). It's not fully waterproof, so it's no good for triathlon or swimming.

Wireless data transfer

Uploads data in seconds to your smartphone or computer, from up to 20ft away.

Activity tracker

Contains many lifestyle tracker functions, such as steps taken, sleep tracking and calorie burn, so you can get a picture of your whole day, not just a session.

Battery life

Fitbit says up to seven days without GPS mode. With GPS on every day for an average of 90 mins, we found it needed charging every four days.

Wrist-based HRM

No need for a heart-rate strap:

the Surge uses LEDs on the back of the watch to measure changes in blood volume – the speed of the blood moving in your veins – to calculate your heart rate. It works well, but the reading can be variable unless the strap is tightly done up, so ensure you get the right-sized device for your wrist.

Notifications and music

Syncs with your smartphone to show you texts and call notifications (including caller ID), and allows you to control your music from your wrist, so you don't have to take your phone out of your pocket.



RW verdict Fitbit presents this as a 'superwatch', a cross between a smartwatch and a fitness tracker – given the detailed functionality it definitely fulfils that hybrid brief. The large touchscreen and three buttons are simple to use, and we liked the low weight and reassuringly robust build quality. It's great value for money if you're a gadget fiend, but for those who just want a training device, this is not quite there yet: the GPS and HRM functions need to be foolproofed, the battery life improved and the design slicked up to make it worth the price.

★★★★★



GEAR GUY'S CHOICE

What's rockin' Gear Ed Kerry McCarthy's world this month

NUTRIBULLET

£99.99,
buynutribullet.co.uk

This has become the nutrition accessory of choice for the health-conscious. It's a nutrition 'extractor' – a cross between a food processor, a juicer and a blender. It pulverises whatever you put into it, including the stems, cores, seeds and skin of various fruit and veg, which is where essential nutrition often lies, so you get a glass full of juice or smoothie without losing any of the goodness (such as fibre) along the way. It's a doddle to use – you simply fill the plastic cup with your ingredients, screw on the blade, turn it over and push it into the base to blend – and easy to clean, and takes away any excuse about not having time to fit in your five a day.



60-SECOND GEAR GUIDE

POST-RUN PAMPERING



ActivBod Feel Great Shower Concentrate
 £5 for 100ml, boots.com

A little of this unisex gel goes a long way. Eucalyptus helps increase blood flow to muscles and the green tea extract invigorates.



Pretty Athletic Shower Gel
 £12.50 for 150ml,
prettyathletic.com

An exfoliating gel that uses jojoba – a natural moisturiser and an antibacterial plant – to scrub away dirt and dead skin.



Anthony Logistics for Men Invigorating Rush Hair + Body Wash

£19.80 for 355ml, mankind.co.uk
 Perfect after a lunchtime session. Eucalyptus offers plenty of zing and Canadian balsam soothes.

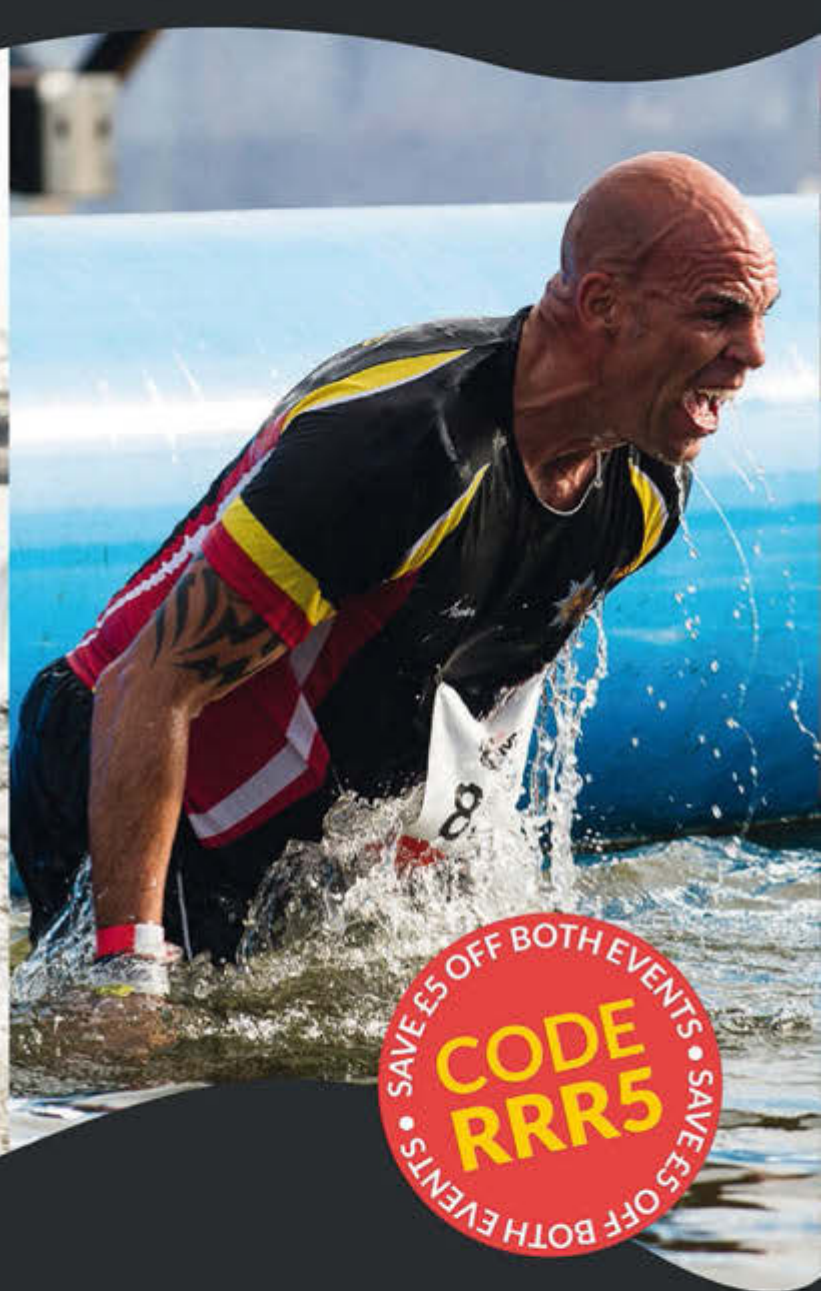
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RACE

LET YOUR TRAINING LOOSE



HEAD FOR THE HILLS

The Beachy Head Marthon is a serious challenge, but, as **Rachael Woolston** (definitely not pictured) learned, you can have a cup of tea





RACING GREEN
Following the path
of least resistance



NOAH PAIN, NOAH GAIN
Truly, this was an effort
of biblical proportions

The wind had howled all night so I woke on race morning feeling anxious. Running an off-road marathon is one thing; doing it across the cliffs of the south coast's Seven Sisters National Park during an amber weather alert is another. Thankfully, by the time I arrived in Eastbourne the sky was blue and the event flags were flapping forcefully rather than taking off.

The Beachy Head Marathon (BHM) – renowned as one of largest and toughest trail marathons in the UK – has been run every year since 1981, come rain or shine. Somehow, despite the 1,700 entrants, it has retained a low-key, village feel. Registration was queue-free, bag drops were do-it-yourself in the gym of the local school (metres from the shared start and finish) and friends and family members were able to mingle with runners at the race village.

Forget having to fight your way to the front; here there were as many runners edging to the back. And if you were not aware it was hilly – Beachy Head cliff is 162 metres above sea level – you'd have been able to guess by the fact that there were more people wearing compression

socks than possibly the entire population of elderly people in Eastbourne.

At the gun we headed immediately upwards, half running, half scrambling over rocky ground. 'Sounds like my lungs,' panted the chap next to me as we were greeted at the top by a lone bagpipe player.

At the front of the pack were the club runners in their race vests and tiny shorts, even though it was brass monkeys – most entrants were wearing multiple layers. These hardy souls were closely followed by the ultra-running types, sporting

their tiny hydration packs and belts that were loaded with enough gels to give any normal person type 2 diabetes.

But as the pack thinned it became evident that the BHM, with

its generous cut-off of 'nine-ish' hours, attracts participants of all levels – including walkers. The male-to-female ratio was a respectable 66 to 34 per cent – often I find I'm surrounded by an all-male group in marathon races, especially when they're multi-terrain.

Within the first three miles, the route raced down a narrow, steep gully and I was thankful not to be behind someone slower, as it was hard to do anything other than let gravity have its way with you. On the uphill I learned not to overtake, even

if I was faster; the hills were unrelenting, reaching a peak of around 500m. By the five-mile mark, many of us were walking. I avoided doing so at first, but I was envious of those who had come with dogs, especially one guy who told me that the Tibetan Terrier dragging him along was 'genetically great at long distances'. At mile 10, as the route passed through the postcard-pretty village of Alfriston, I wished I'd dognapped him, as a steady uphill saw me slowing to a walk and joining the hiking hordes back out onto the exposed South Downs.

This is a race that's open to the elements – mostly wind and rain – in all their power and glory. Thankfully, while the wind whipped hairbands off and had people digging their gloves out of their packs, the

BY THE FIVE- MILE MARK MANY OF US WERE WALKING



LIKE THE

Three more beastly but beautiful coastal gems for you to try, this year or next. Each one has its fair share of hills, but the rewards are great.



BRAVE FACE
This one's for
the camera

THE RUNDOWN

The Beachy Head Marathon

Eastbourne, East Sussex
(2014 stats)

First man Stephan Wenk 2:55:38

First woman Jo Singer 3:32:42

Last finisher 9:14:30

No of finishers 1,653

Finishing stats

2:00-2:59 0.1%
3:00-3:59 8.7%
4:00-4:59 33.5%
5:00-5:59 29%
6:00-6:59 16%
7:00-7:59 6.9%
8:00-8:59 5.4%
9:00+ 0.4%



sky remained blue, which was fortunate for the group of youngish participants, who, with their cotton T-shirts, baggy tracksuit bottoms, white trainers and bemused expressions, looked like tearaways fulfilling some kind of awful distance-running community-service penalty.

As I passed through Lillington, one of the last villages before the Seven Sisters Country Park, a bluegrass band was vigorously playing, helping to keep spirits high, so I stopped to listen for a couple of minutes and fill my face with Mars bars, biscuits, currant buns and tea at the nearby fuel station. A supporter from the Plough & Harrow pub next door offered to buy me a pint – I reluctantly declined.

Heading on a circular route back towards the coast via a muddy farmer's

field and the 300 punishing, winding steps through Friston Forest, I arrived at the broad, open plain of Cuckmere Haven, where the river winds its way to the sea. The views were stunning, with seahorse-tipped waves racing towards the shore and the clay cliffs of the Seven Sisters etched against the sky. Facing the cliffs after 19 miles was a challenge, but for once the gusty weather decided to be friend rather than foe, switching to our backs and pushing us up ascents and down the other side. Many runners yodelled with delight as they wheeled their arms like children playing aeroplanes – until the wind switched direction again and forced us all to inch forward in a weird pump-arms, squinty-eyed posture that you won't find in any running-form textbook.

After what seemed like an age I was roused from my fatigue-induced misery by a marshal bawling that the end was nigh. You're bloody telling me, I thought, feeling very sorry for myself and my smashed glutes – but it turned out she meant we had only half a mile to go.

At first I thought she was wrong (my watch said 25 miles) but then remembered the bit on the race website about the distance not being exact. At any other time I'd have felt cheated, but I was overjoyed to see the steep descent to the finish line and flew down it, joyfully stopping my GPS at 25.5 miles. I grabbed my chunky medal and headed to the free hot-meal stand, where I wolfed down some of the jacket potatoes, beans and sausages on offer – despite having consumed what felt like most of the 900 Mars bars and 3kg of Jelly Babies that had been handed out on the course.

As I recovered I reflected that while the BHM is challenging (I was over an hour slower than my best time), I'd found it easier – perhaps because I'd approached it as a just a pressure-free run and not a race. Or maybe it was the numerous mid-race cups of tea and currant buns.

● **Run it** The 2015 Beachy Head Marathon is on October 24. Visit eastbourne.com/beachyheadmarathon

SOUND OF THIS?

TRY...



NORTHUMBERLAND MARATHON

Barnburgh Castle, Feb 2016 (TBC)

Rolling sand dunes, dramatic cliffs and historic castles make for a rewarding off-road marathon in the northeast. Expect rather bracing weather. There are also shorter options – and a longer one. endurancelife.com



THE WALES MARATHON

Tenby, July 5

This is a stunning introduction to by-the-sea marathons. The route follows the Pembrokeshire coastline, occasionally veering inland through less demanding terrain. That is not to say it's not a hilly, testing course: it most certainly is. thewalesmarathon.com



NORTH DEVON MARATHON

Woolacombe, June 28

It's coming up soon so you'll need to be in very good marathon shape already. You get to run through an Area of Outstanding Natural Beauty and there are free cream teas at the finish. It's another stunner. northdevonmarathon.co.uk



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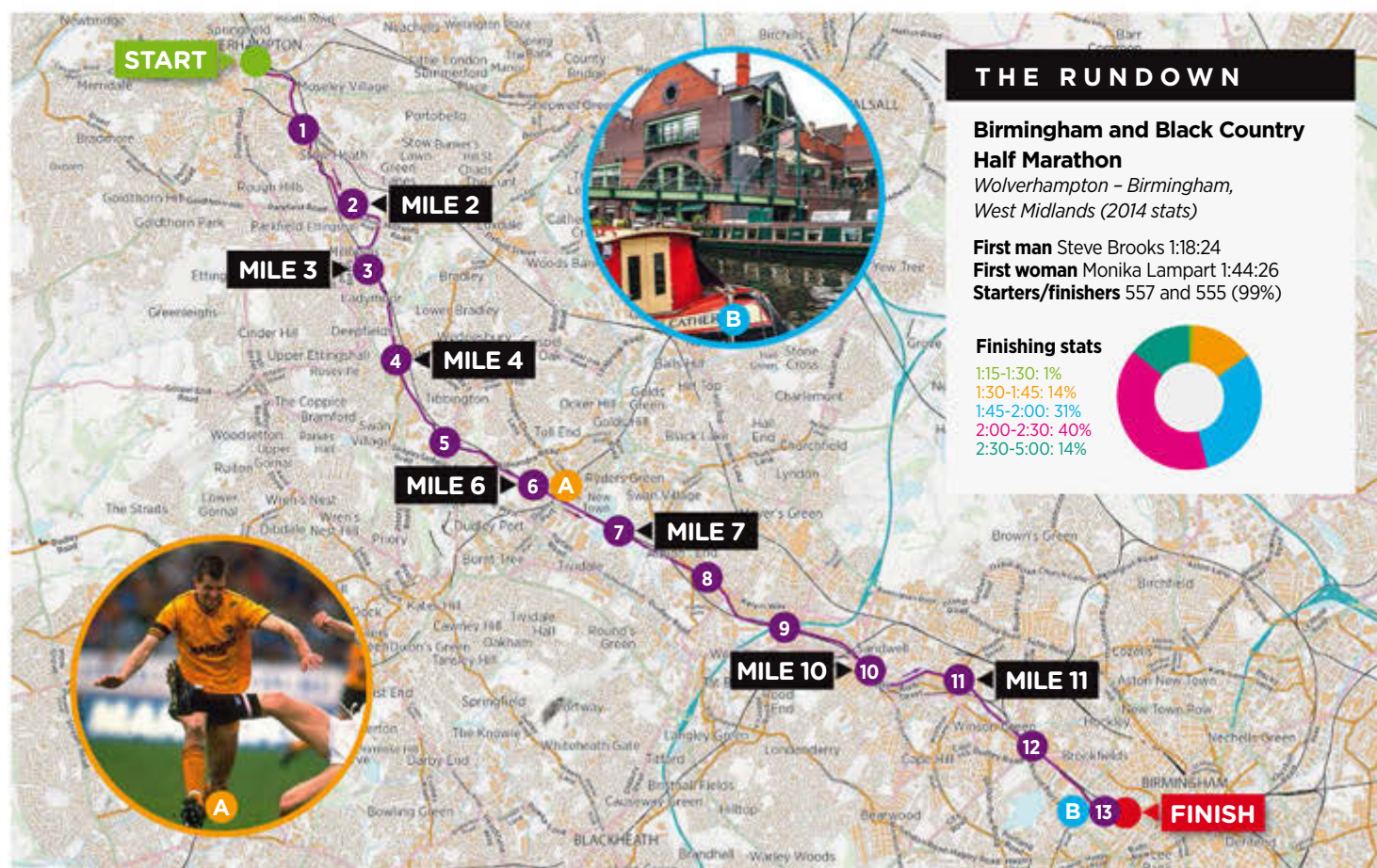
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ROUTE RECCE BIRMINGHAM AND BLACK COUNTRY HALF MARATHON



Race director Joanna Welch leads you on this canal-side point-to-point that links two of our West Midlands cities.

START You begin a mere two minutes from Wolverhampton's main railway station, beside the Birmingham Canal Navigations Main Line. Begun in 1768, this is part of the network of waterways that stretches for more than 100 miles and that once linked the area's coalfields.

Mile 2 Running along the narrow, muddy towpath you'll enjoy a slightly downhill section. You will pass the first of 10 locks here, as well as Ettingshall, an area that expanded rapidly during the Industrial Revolution.

Mile 3 The water stations are a bit novel here – manned barges double up as refuelling stops along the route. You're now running on a gravel towpath for the rest of the run.

Mile 4 Remember to remove your sunnies

as you enter 329m of darkness in the Coseley Tunnel. Torches can be used inside, but be careful, as the towpath here can be slippery.

Mile 6 At the section of the canal known as Factory Junction, you pass the Barge and Barrel pub, which is an ideal spectating spot. It's in Tipton, birthplace of former Wolves and England striker Steve Bull. (A)

Mile 7 The River Tame flows underground beneath you as you pass by the Sheepwash Nature Reserve, which was built as a 'green lung' for the area in the 1980s.

Mile 10 Ahead is the Gothic-style Engine Arm Aqueduct, which spans the canal near Smethwick. It was built in 1825 by renowned civil engineer Thomas Telford.

Mile 11 You'll pass the heritage centre that celebrates the area's canal history. The centre is based at the Smethwick pumping station.

FINISH You reach the end at Brindleyplace (B), the modern canal-side complex of shops and restaurants in the west side of Birmingham.

INSIDE STORY

'When the race started in 2007, it attracted 40 runners,' says Joanna Welch. 'But numbers have swelled vastly. It appeals to all abilities.'

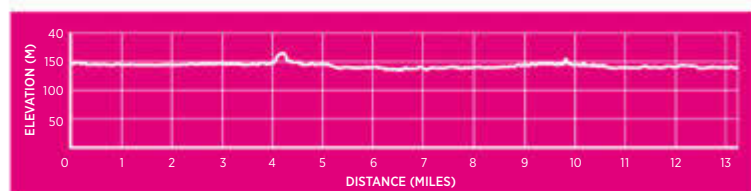
It's a largely flat course running the whole way beside the canal, but there are a few ups and downs over bridges or close to the many locks it passes. For two years, runners had to climb 50 steps because of a detour caused by a landslide, which blocked part of the towpath. But that's been fixed and so the route is once again far more straightforward.

The path is narrow, so we set off groups of about 50 runners of roughly the same speed at 15-minute intervals. It prevents bottlenecks, although much of the path can accommodate two to three people running abreast.

I think its appeal is partly running between the two cities. We also transfer bags from Wolverhampton to the finish and there are frequent trains between the two places.

One of the highlights of the race for some (others hate it) is the long, dark tunnel at Coseley. At least it's cool in there on a hot day.'

● **Run it** The 2015 race is on July 4. Visit runnersworld.co.uk/blackcountryhalf





SMART RACE
Eventual winner
Arthur Mussington
prepares to overtake



SMALL WONDER

When the tiny Caribbean island of Nevis announced its first marathon, **Kerry McCarthy** fancied his chances

Azure seas; tick. Golden sands; tick. Palm trees, sun loungers, wide grins of welcome...when you do a race in the Caribbean there are certain basics a drizzle-soaked Brit wants to enjoy and as I took a stroll on my first evening on Nevis, it was pleasing to note these island clichés had been more than taken care of.

Adding extra excitement was the fact I was there to run a new race and was, I thought, in with a shout of winning it. Not because I'm any great shakes as an athlete, but because the field for the

inaugural Nevis (pronounced 'Neevis') marathon was rather boutique-sized [see *The Rundown*, right]. It was part of the three-day Nevis Running Festival, which also included a 5K, 10K and half marathon, and was an initiative designed to help the 93km² island (pop. 12,000) step out from the shadow of its larger sister island, St Kitts, and showcase its own considerable charm.

In a part of the world famed for Sandals resorts and Russian oligarchs blinging it up in casinos, Nevis remains stubbornly low-key, billing itself as the 'natural' alternative. There are no traffic lights on

the island (there are so few roads and cars that they don't need them) and planning laws mean that buildings can be no higher than a palm tree. The food is locally sourced and the menus are traditional, so if you want a McDonald's you'll have to get the ferry to nearby St Barts, Antigua or St Kitts.

Oprah Winfrey goes on holiday to Nevis, mixing with the locals who don't know who she is, or, if they do, don't care; and if you go at the right time of year you'll find Michael Douglas in town, tending bar in a local tavern.

But back to the race. With no real history in planning sports events the organisers had put the race together on the hoof, with the Chief Executive of the tourism board also acting as race director. I heard that he was out spray-painting rough mile markers on the road the night before the race, so when I lined up eight hours later I wondered what lay ahead.



CATTLE CALL
Crowd support,
Nevis-style



COASTING ALONG
A race with a very
relaxed atmosphere



PERSONAL TOUCH
A welcome round
of applause

THE RUN DOWN

Nevis Marathon

West Indies (2014 stats)

First man Arthur Mussington **3:28:45**

First woman Vanessa Williams **3:55:19**

No. of starters/finishers 22/15 (68% finished)

Finishing stats

3-4 hours 13%

4-5 hours 40%

5-6 hours 47%



The race, which took place in the capital, Charlestown, started by the sea and as soon as the hooter sounded I moved to the front of our small pack of pioneers and revelled in the exhilaration of leading a race for the first time. Things continued this way for around two kilometres and I was beginning to settle into what I like to think of as 'Paula-mode' when a white-haired Rastafarian of indeterminate antiquity cruised effortlessly past. Then, just like that, he was gone, and with him went my chances of glory: I later found out that he won the race by over half an hour.

No matter, there was plenty to ensure that I enjoyed what proved to be an excellent race. The advantage of holding a marathon on such a small island is you were never far from having something to look at – if you grew bored of gazing at the turquoise

sea, that is. Here was the birthplace of Fanny Nisbet, wife of Admiral Horatio Nelson; hurdle a few dozy goats lying in middle of the road and there was The Hermitage, a 350-year-old plantation guest house that's said to be the oldest wooden structure in the Caribbean; slow down to hail some monkeys chattering at you from the bushes, then plod past the drag-racing track, where boy racers from all over the West Indies come to strut their stuff; dodge round a donkey or two grazing at the kerbside and shortly afterwards there was the horseracing venue, where nags too unruly to run in the US are raced along the beach. And always, no matter where you were, there was Nevis Peak, a dormant, kilometre-high volcano that looms spectacularly over the whole island.

I trotted over the line in fourth place and reflected that this was probably the last time anyone would place so high with a time of 4:19. Sure, the organisers made it up as they went along, but they did such a good job that the sign-up for 2015 suggests eventual figures of about 150 for the marathon and 600 across all four distances – impressive growth for year two. You'd be advised to get out there and experience it before it changes too much, but my sense is that while the Nevis marathon will grow slicker and more popular it will remain, at heart, a neat encapsulation of the island itself: small, but perfectly formed.

● **Run it** The 2015 Nevis Running Festival is on from Sept 10-12, nevismarathon.com

THE LOWDOWN

GETTING THERE AND MAKING THE MOST OF YOUR VISIT



GET THERE

British Airways flies from London Gatwick to St Kitts from £618 return (britishairways.com). The ferry from St Kitts to Nevis costs a fiver and takes 45 minutes – plenty of time to drink the lethal free rum punch they serve you (nevisisland.com).



STAY

Budget Step out of your cottage at the Oualie Beach resort (oualiebeach.com) and it's 10 metres to the bar – 20 to the beach. Job done, from £42 per person per night (pppn).

Upmarket The five-star Four Seasons (fourseasons.com/nevis) isn't cheap (prices from £244pppn), but with three pools, a private beach, spa, gym, five restaurants and plenty of outdoor activities you get value for money.



SIGHTSEE

For £3.50 the Horatio Nelson museum (explorenevis.com) will tell you all you ever wanted to know about Britain's greatest naval hero; bathe your tired limbs (for free) in the geothermal Bath Spring at Charlestown; or, if your legs are up to it, climb Nevis Peak and peep out through the clouds over the island (nevisnaturetours.com)



FUEL

Sunshine's Bar offers an enthusiastic beachside welcome and amazing Caribbean surf 'n' turf (sunshinesnevis.com) from around £15pp; or go posh at the Montpelier Plantation (montpeliernevis.com). Three courses of fine dining will cost from £60pp. Walk off your meal in the lovely gardens.



WARM UP

Head to the golf course at the Four Seasons Resort and run between the beautifully manicured hillside holes at dawn or dusk for amazing views out to sea.



TAKE YOUR PICK

CHEAP AND VERY CHEERFUL

It costs very little to become a runner, but some people find races can be rather pricey. Luckily, there are plenty of events that won't cost you an arm and a leg

July 5 Stonehaven Half Marathon

Aberdeenshire

Unless the heavens open on race day, as happened a couple of years ago, you might enjoy a dip in the local outdoor pool after this half marathon – a nice freebie. Stonehaven is not known for its flatness, so a relaxing post-race swim will be well deserved. Entry fee is £16.

Runnersworld.co.uk/stonehavenhalf

July 11 Otter Rail And River Run

Devon

This flat and friendly off-road 10K takes nature-loving runners along a disused railway line, shady riverside footpaths and ancient woodland in a picture-postcard corner of the Otter Valley. Entry starts at a super-low £8 and frugal visitors who want to make a weekend of it can camp in a riverside meadow for an extra £5 a night.

Runnersworld.co.uk/otter

Timberhonger 10K Worcestershire

If you require an audience to witness your sprint finish, then you'll find plenty of admiring spectators cheering runners home at this traffic-free 10K, because it forms the sporting centrepiece of the annual Bromsgrove Carnival. And as if the admiration of others wasn't reward enough, all finishers also get a large bottle of craft beer for their £14 entry.

Runnersworld.co.uk/timberhonger

July 12 Bath Two Tunnels 10K Somerset

If you want to be a little like a Womble – racing overground and underground – this is the event for you. The 408m-long Devonshire Tunnel and the 1,672m-long Combe Down Tunnel, both in the southern suburbs of Bath, closed to rail traffic in 1966. After



THREE SPEED
Crossing the bridge
because they came to it



LINE OF CREDIT
Caught in the
long grass



UNDER ACHIEVERS
Finally, a good use
for tunnel vision

decades of campaigning both were adapted and reopened as shared-use paths in 2013, and for just £14 you now get to run through a little piece of subterranean history.

Runnersworld.co.uk/bath2tunnels

The New Forest 10 Hampshire

Runners who lean towards old-school basics will love the orange-squash stations and the ban on MP3s at this nicely priced 10-miler (entry costs £13). But for newbies and those of a more consumerist bent, the fact that all finishers get a horse brass medal may well seal the deal.

Runnersworld.co.uk/newforest10

Kelso 10K

Scottish Borders

Much of this race takes place in the grounds of Floors Castle (Scotland's largest inhabited castle and home to the Duke of Roxburghe). It's a PB-friendly route, with a downhill finish across the Cobby riverside meadow. Entry fee is £11.

Runnersworld.co.uk/kelso10k

July 19 A Surrey Slog

Surrey

You are unlikely to get a PB here – the long and steady hill sections will put paid to that (the clue is in the name) – but this trail half marathon is consistently rated highly by RW readers. You'll be hard-pressed to find a cheaper (it's £13) or more scenic half in the south.

Runnersworld.co.uk/surreyslog

July 26 Exmoor Seaview 17 Somerset

This rugged point-to-point is 17 miles as the crow flies, but once you factor in the twists and turns of the coastal path, and the hills, your watch will be saying you've run closer to 21. Then your reward will come – in the shape of cake and sandwiches. Entry fee is £10.

Runnersworld.co.uk/seaview17

www.sweatshop.co.uk/ASICS

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RW PROMOTION



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RACE FINDER

THE BEST UK EVENTS IN JULY

Your top rated

July's best races as voted for by you*

1

100%

•RURAL •FLAT
DOWN TOW UP FLOW
HALF MARATHON

When? July 26
Where? Buckinghamshire
This race sells out every year, and it's easy to see why: it's a scenic, point-to-point along the Thames towpath that reverses direction each year. **p118**

2

98%

•ROAD •URBAN •RURAL
THE 'STING IN THE TAIL'
CAISTOR 10K

When? July 5
Where? Lincolnshire
Last year this race attracted 340 entrants - all of whom said they'd do it again. The first 7K is flat but the final 3K has three stinging climbs. **p114**

3

97%

•TRAIL •RURAL •FLAT
THE BEWL 15

When? July 5
Where? East Sussex
Fifteen miles of uplifting, soul-nourishing scenery on a course that takes you round the calming expanse of Bewl Water, with plenty of fuelling stations offering jelly babies along the way. **p114**

4

94%

•TRAIL •RURAL •HILLY
SURREY BADGER HALF

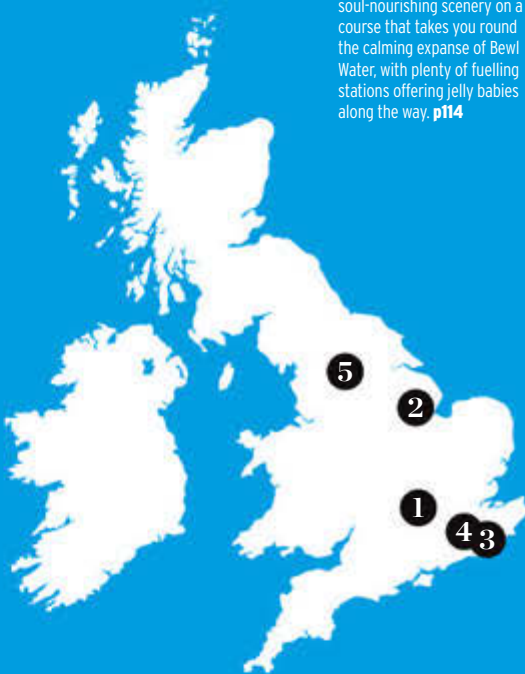
When? July 12
Where? Dorking
This starts and finishes at Denbies Wine Estate, and you'll also pass through Norbury Park, an ancient wooded manor estate mentioned in the Domesday Book. **p115**

5

82%

•ROAD •URBAN •FLAT
THE LEEDS 10K

When? July 12
Where? West Yorkshire
This is one of the five large-scale 10Ks in the Run For All series, taking over 7,000 runners through the centre of Leeds. **p117**



*Taken from RW online 2014 ratings

How to use Race Finder

It's pretty easy - just follow the key below. Calendars at the ready!

Race Finder lists UK races that take place during the month stated on the cover at the least. This issue features races from **Wednesday, July 1 to Wednesday, August 5**. Simply look up when you want to race and find that day's events listed by region. Info is provided by race organisers and may be edited because of space. Find more extensive listings and an interactive search tool at runnersworld.co.uk/events. Just log on and sign up!

Key to race entries

RACE NAME
5Ks, 10Ks, half marathons (1/2M) and marathons are clearly shown. Numbers only (eg 5, 20) represent the distance in miles.

RACE TYPE
The kind of terrain and surroundings: road, trail, hilly, flat, urban and rural.

ADDITIONAL RACES
The event offers more races than the one stated, such as shorter fun runs or a children's race.

LEICESTERSHIRE

SATURDAY OCTOBER 14

•ROAD •URBAN •RURAL

LEICESTER MARATHON (+)

VENUE Victoria Park, Leicester, 9:15am **CONTACT** Christian Weikert-Picker; 0116 231 8484; christianweikert-picker@loros.co.uk www.leicestermarathon.org.uk **COST** £26/£29 C/D 30/9 E/D YES, £50

COST

The first figure is for entrants belonging to a UKA-affiliated running club. The second is for non-affiliated runners.

CLOSING DATE

Closing date for entries, if applicable.

ENTRY ON DAY

Is it possible to turn up, pay and run? If yes, and it costs more to do this, it's usually stated.

ORGANISER'S CONTACT DETAILS

Who you should speak to if you have any queries about the event.

RW online entry

Signing up for events marked with this flash couldn't be simpler.

► Go to runnersworld.co.uk/events and search for the race you want to enter by name.

► Click 'Enter Online'.

► Select the category of race you wish to enter (whether you are affiliated to a running club or non-affiliated).

► Enter your details and pay online.

► Then you'll be sent a confirmation email. It's as simple as that.

WEDNESDAY JULY 1

CHESHIRE

•ROAD •HILLY

OFFERTON 10KM (+)

VENUE Woodbank Stadium, Woodbank Park, Turncroft Ln, Stockport, 7:30pm **CONTACT** Anthony Ward; 07904 427 931; crazylegsevents@gmail.com; www.stockporttharriers.com/index.php?q=club-races **COST** £8/£10 C/D 26/6 E/D YES, +£1

DERBYSHIRE

•ROAD

CLOUGH TAYLOR PEOPLE'S RUN (10KM) (+)

VENUE Donington Park Circuit, Castle Donington, Derby, 7pm **CONTACT** Jim Cowan; 0333 011 5090; cloughaylorpeoplesrun@peoplesevents.co.uk; www.cloughaylorpeoplesrun.co.uk **COST** £16 C/D 21/6 E/D NO

HAMPSHIRE

•ROAD •RURAL •FLAT

LAKESIDE 5K

VENUE Hilsa Lido, London Road, Hilsa, 7:15pm **CONTACT** Peter Newton; 01489 781 438; 44774 811 5406; lakeside5k@athleticvents.co.uk; www.portsmouthathletic.co.uk **COST** £5.50/£7.50 E/D YES, +£1.50

KENT

•ROAD •RURAL

THE SAMPHIRE HOE 5K SUMMER SERIES (+)

VENUE Samphire Hoe, A20, Dover, 7:30pm **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £8/£10 C/D 24/6 E/D YES, +£2

LONDON

•TRAIL •RURAL •HILLY

WIMBLEDON TRAIL SERIES: RACE 3

VENUE Windmill Road, Wimbledon Common, Wimbledon, 7pm **CONTACT** Andy Bickerstaff; 07772 111 491; andy.bickerstaff@goodrunguide.co.uk; www.goodrunguide.co.uk/WimbledonTrail3 **COST** £10/£12 E/D NO

SUFFOLK

•TRAIL •RURAL

GREAT BARROW CHALLENGE DAY 7 (+)

VENUE The Academy, Church Road, Barrow, 8am **CONTACT** Glen Moulds; 01284 810 446; info@suffolkacademy.com; www.TheGBC.co.uk **COST** £25 C/D 15/3 E/D YES, +£3

YORKSHIRE

•ROAD •RURAL

HALIFAX HARRIERS HELEN WINDSOR 10K

VENUE Greetland All Rounders Sports Club Richdale Road, Greetland, Halifax, 7:15pm **CONTACT** Dene Townend; hw10k@mail.ccaistorom.com; www.halifaxharrisers.co.uk/club/club-races/helen-windsor-10k/ **COST** £10/£12 C/D 28/6 E/D YES, +£2

THURSDAY JULY 2

AVON

•TRAIL •RURAL

DUNDY THUNDER RUN

VENUE Dundry Inn, Dundry, Bristol, 7pm **CONTACT** Tach summer series; 07818 507 766; matt.milkins@gmail.com; www.tach.org.uk **COST** £7/£9 E/D NO

NOTTINGHAMSHIRE

•ROAD •FLAT

HOLME PIERREPONT GRAND PRIX 10KM (+)

VENUE Holme Pierrepont, Nottingham, 7:15pm **CONTACT** Frank Makin; info@hprcrun.co.uk; www.hprcrun.co.uk/gp.html **COST** £10/£12 C/D 21/6 E/D YES

SUFFOLK

•TRAIL •RURAL

GREAT BARROW CHALLENGE DAY 8 (+)

VENUE The Academy, Church Road, Barrow, 8am **CONTACT** Glen Moulds; 01284 810 446; info@suffolkacademy.com; www.the gbc.co.uk **COST** £25 E/D YES, +£3

WALES

•TRAIL •RURAL •HILLY

TINTERN TROT

VENUE Abbey Mill, Tintern, 7:30pm **CONTACT** <https://sites.google.com/site/chepstowharrisersrunningclub/tintern-trot> **COST** £8 E/D ONLY

FRIDAY JULY 3

DERBYSHIRE

•TRAIL •URBAN •RURAL

COLIN POTTER MEMORIAL 10K

VENUE Haslam's, Haslam's Lane, Derby, 7:15pm **CONTACT** John Taylor; 01332 261 615; 01332 773 941; 07854 038 089; info@colinpotters10k.com; www.colinpotters10k.com **COST** £12/£14 E/D YES, £15

SUFFOLK

•TRAIL •RURAL

GREAT BARROW CHALLENGE DAY 9 (+)

VENUE The Academy, Church Road, Barrow, 8am **CONTACT** Glen Moulds; 01284 810 446; info@suffolkacademy.com; www.the gbc.co.uk **COST** £25 E/D YES, +£3

SATURDAY JULY 4

BERKSHIRE

•TRAIL •URBAN •RURAL

QE2QE100

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you might as well do it in heaven.

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VENUE Romney Lock Road, Windsor, 10am **CONTACT** Phil Hoy; 07704 502 800; philhoy@btinternet.com; irunevents.uk/qe2qe-100.html **COST** £85 **C/D** 1/7 **E/D** YES

CUMBRIA

*TRAIL

WHINLATTER 5M

VENUE Whinlatter Forest, Braithwaite, Keswick, 7:30pm **CONTACT** Gaynor Prior; 0800 298 7376; 0796 883 6549; info@pureoutdoorsevents.co.uk; www.pureoutdoorsevents.co.uk **COST** £12 **E/D** YES, +£3

DERBYSHIRE

*ROAD

NO WALK IN THE PARK 5K (+)

VENUE Queen's Park, Cricket Pavilion, Chesterfield, 9:30am **CONTACT** John Cannon; 01246 566 458; 07902 249 316; j.cannon846@btinternet.com; northderbyshirec.jimdo.com **COST** £35 **E/D** ONLY

DORSET

*TRAIL •RURAL •HILLY

CHARMOUTH TO GOLDEN CAP CHALLENGE 8.25 (+)

VENUE Charmouth School, Lower Sea Lane, Charmouth, 2:30pm **CONTACT** Maria Fox; 01297 560 591; organiser@charmouthchallenge.co.uk; www.charmouthchallenge.co.uk **COST** £8 **C/D** 24/6 **E/D** YES, +£2

ESSEX

PARAS'10

VENUE Colchester, 11am **CONTACT** Natalie Urbaniak; 01206 817 074; secretary@supportourparas.org; www.paras10.com **COST** £35 **E/D** NO

KENT

*TRAIL

FOOTS CRAY MEADOWS 10K (+)

VENUE Foots Cray Meadows, Rectory Lane, Sidcup, 9:30am **CONTACT** Andrea Magold; 07426 946 927; info@pbracevents.co.uk; www.pbracevents.co.uk **COST** £15/£16 **C/D** 3/7 **E/D** YES

*ROAD •URBAN •RURAL •FLAT

MIDNIGHT MARATHON

VENUE Marsh Street, Dartford, 8pm **CONTACT** John Seftord; 07956 308 712; john@bridgetriathlon.co.uk; www.bridgetriathlon.co.uk **COST** TBC

LANCASHIRE

*ROAD •FLAT

BLACKPOOL FAMILY 5K

VENUE Sports Centre, West Park Drive, Blackpool, 10am **CONTACT** Lewis McAndrew; admin@fyldecoastrunning.org; www.fyldecoastrunning.org **COST** - **E/D** NO

*ROAD •RURAL •FLAT

CATFORTH CANTER 5K

VENUE Catforth Village Hall, Catforth Rd, Catforth, 6:30pm **CONTACT** alan taylor; 07850 684 162; alan.taylor@tesco.net **COST** £5/£7 **E/D** YES, £7/£8

LONDON

*ROAD

QEOP SUMMER 10KM SERIES

VENUE Queen Elizabeth Olympic Park, London, 9:30am **CONTACT** Craig Thornton; 07740 554 190; info@theraceorganiser.com; www.qeopracers.com **COST** £15/£17 **C/D** 1/3 **E/D** YES

NORFOLK

*ROAD •URBAN

LORD MAYOR'S 5K CITY CENTRE CLASSIC - NORWICH

VENUE Start and finish in Tombland, Norwich, 4:50pm **CONTACT** Richard Polley; 07767 205 922; lordmayors5k@conac.org.uk; conac.org.uk/lord-mayors-5k-city-centre-classic/ **COST** £13/£15 **C/D** 1/2 **E/D** NO

SUFFOLK

*TRAIL •RURAL

GREAT BARROW CHALLENGE DAY 10 (+)

VENUE The Academy, Church Road, Barrow, 8am **CONTACT** Glen Moulds; 01284 810 446; info@suffolkacademy.com; www.thegbc.co.uk **COST** £18 **E/D** YES, +£10

WEST MIDLANDS

*TRAIL •URBAN •RURAL •FLAT

BIRMINGHAM AND BLACK COUNTRY HALF MARATHON

VENUE Starts Nr Wolverhampton Railway Station, Ends at Brindley Place Birmingham, Wolverhampton - Birmingham, 9am **CONTACT** Stuart Steele; 01385 569 519; stuart@stweb.co.uk; www.bbchm.net **COST** £18/£20 **E/D** NO

YORKSHIRE

*TRAIL •RURAL

THE CROSSES

VENUE Goathland Village Hall, Goathland, Whitby, 11:55am **CONTACT** David Swales; 01904 421 376; swalesdavid@hotmail.com; www.srmr.org.uk **COST** £35 **C/D** 1/6 **E/D** NO

SUNDAY JULY 5

BUCKINGHAMSHIRE

*TRAIL •FLAT

WOMEN'S RUNNING 10K - MILTON KEYNES (+)

VENUE Willen Lake, Brickhill Street, Milton Keynes, 10am **CONTACT** Chris MacDonald; 03332 400 109;

race@WR10K.co.uk; womensrunninguk.co.uk/wr10k-2015/wr10k-milton-keynes/ **COST** £23 **C/D** 25/6 **E/D** YES, +£7

CAMBRIDGESHIRE

*TRAIL •RURAL •FLAT

FEN GALLOP 10K (+)

VENUE The Recreation Ground, Willingham, Cambridge, 10:30am **CONTACT** Mike Rose; fengallop@gmail.com; www.facebook.com/fengallop **COST** - **E/D** NO

DERBYSHIRE

*ROAD •RURAL

BRAMPTON BREWERY CHESTERFIELD SPIRE 10 (+)

VENUE Holmebrook Valley Park, Newbold, Chesterfield, 10:30am **CONTACT** Colin Sinnott; 01246 864 361; nderbysrc@yahoo.co.uk; northderbyshirec.jimdo.com **COST** £11/£13 **C/D** 26/6 **E/D** YES, £15

DORSET

*ROAD •URBAN

PORTLAND 10

VENUE Royal Manor Arts College, Portland, 10:30am **CONTACT** Sara Dewell **COST** £9/£11 **C/D** 30/6 **E/D** YES, +£2

ESSEX

*ROAD •RURAL

BNY MELLON BRENTWOOD & ESSEX CHAMPIONSHIP 10K 2015

VENUE Blackmore Village Hall, Blackmore, Brentwood, 11am **CONTACT** Heather Eltham; elthams@btinternet.com; www.thriftgreentrotters.co.uk **COST** £14/£16 **E/D** NO

GLOUCESTERSHIRE

*TRAIL •RURAL

DYRHAM PARK 10K (+)

VENUE Dyrrham Park, Dyrrham, Nr Bath, 10am **CONTACT** Donna King; donna@aspirerunningevents.co.uk; www.aspirerunningevents.co.uk **COST** £10.50/£12.50 **E/D** YES, +£2

*ROAD •MANCHESTER

THE COLOR RUN MANCHESTER

VENUE Etihad Stadium, Manchester, 9am **CONTACT** Challenger World; www.TheColorRun.co.uk **COST** £26 **E/D** NO

HAMPSHIRE

*TRAIL •RURAL

ABBOTTS ANN 10KM (+)

VENUE Abbots Ann Primary School, Red Rice Road, Abbots Ann, Andover, 11:15am **CONTACT** Kate Bone; 07824 549 015; Kate.bone@nicholasward.co.uk; www.muddyrunners.org.uk **COST** £10 **C/D** 4/7 **E/D** YES, +£5

*TRAIL •RURAL •HILLY

SUMMER PLOD 21M TRAIL RUN

VENUE From Clanfield Scout Hut, Little Hyden Lane, Clanfield, Waterlooille, 10am **CONTACT** alan shons; 07976 426 247; info@runevents.org; www.runevents.org **COST** £18/£20 **C/D** 28/6 **E/D** NO

*TRAIL •RURAL

SWAY CARNIVAL 5 MILE RUN

VENUE Wilverley Plain Car Park, Wilverley Inclosure, Sway, 10:30am **CONTACT** Keith Mitchell; www.runningtree.co.uk **COST** £7/£9 **C/D** 30/6 **E/D** YES, +£1

*ROAD •RURAL

TADLEY RUNNERS SUMMER 10K (+)

VENUE Hurst Leisure Centre, Brimpton Road, Tadley, 11am **CONTACT** Barrie Tribe; 01189 816 735; 07771 609 509; trimon43@aol.com; www.tadleyrunners.co.uk/ **COST** £12/£14 **C/D** 1/7 **E/D** YES, +£1

*ROAD •RURAL

TADLEY RUNNERS SUMMER 10K

VENUE Hurst Leisure Centre, Brimpton Road, Tadley, 11am **CONTACT** Barrie Tribe; 01189 816 735; 07771 609 509; trimon43@aol.com; www.tadleyrunners.co.uk/ **COST** £12/£14 **C/D** 1/7 **E/D** YES, +£1

*TRAIL •FLAT

WINCHESTER PEDAL PADDLE PACE

VENUE Palmers Field, off Garnier Road, Winchester, 10am **CONTACT** Richard Nichols; 07891 841 803; nichols_rpn@hotmail.com; www.winchesterppp.co.uk **COST** TBC

HEREFORDSHIRE

*TRAIL •RURAL •HILLY

DORSTONE DAWDLE 10K (+)

VENUE Dorstone Playing Fields, Dorstone, 11am **CONTACT** Susannah Garland; 01981 550 039; 07557 049 687; susannahenglish@btinternet.com; www.dorstone.org.uk **COST** £8 **C/D** 2/7 **E/D** YES, +£2

HERTFORDSHIRE

*ROAD •RURAL

BASSINGBOURN HALF MARATHON

VENUE Bassingbourn Village College, South End, Bassingbourn, 10am **CONTACT** ashley hawkins; 07971 507 580; ashley.hawkins3@btinternet.com; www.fit4thechallenge.co.uk **COST** £17/£19 **C/D** 26/6 **E/D** NO

*ROAD •URBAN

SPIRE BUSHEY 10K, 5K & JUNIOR RACES (+)

VENUE Queen's School, Aldenham Road, Bushey, 10am **CONTACT** Claire Donald; 01494 630 759; info@

purplepatchrunning.com; www.purplepatchrunning.com/races/spire-bushey-10k-a-junior-races- **COST** £15/£17 **C/D** 28/6 **E/D** YES, +£3

*TRAIL •RURAL

STORTFORD 10

VENUE Bishops Stortford Rugby Club, Hadham Road, Bishops Stortford, 10am **CONTACT** Ian McClymont; 01279 723 786; mcllymontian@gmail.com; www.bscc.org.uk **COST** £12/£14 **C/D** 25/6 **E/D** YES, £15

LANCASHIRE

*ROAD •URBAN •FLAT

ST ANNE'S CARNIVAL 5K (+)

VENUE Lord Derby pub, St Anne's Road West, Lytham St. Anne's, 11am **CONTACT** Dawn Lock; 01253 721 514; billdawnlock@hotmail.com; www.runlythamstannes.co.uk **COST** £7/£9 **E/D** YES, +£1

LINCOLNSHIRE

*ROAD •URBAN •RURAL

THE EAST TRANS 'STING IN THE TAIL' CAISTOR 10K

VENUE Market Place, Caistor, 10am **CONTACT** Mark Hodson; 01472 327 991; mark@hodsonarchitects.com; www.caistorrunningclub.com/thesting **COST** £10/£12 **E/D** NO

MERSEYSIDE

*ROAD •URBAN •RURAL •FLAT

SOUTHPORT HALF MARATHON 2015

VENUE Victoria Park, Southport, 9am **CONTACT** Race Director; 01695 351 007; 07786 443 673; info@vitalEvents.co.uk; www.vitalEvents.co.uk/events/southport-half-marathon **COST** £22/£24 **E/D** NO

NORFOLK

*ROAD •RURAL •FLAT

MARHAM FLYERS 10K (+)

VENUE Upper Marham, King's Lynn, 11am **CONTACT** Gary Walker; 01760 337 261 x 7491; marham10k@gmail.com; www.marhamhub.co.uk **COST** £15/£18 **C/D** 26/6 **E/D** YES

OXFORDSHIRE

*TRAIL •RURAL

BUSCOT 10K

VENUE Buscot Park, Faringdon, 10:30am **CONTACT** Rodney Benson; 01367 243 864; 07825 294 101; roddybenon@uwclub.net; www.faringdonrotaryclub.co.uk **COST** £12 **C/D** 1/7 **E/D** YES

*TRAIL •RURAL

BUSCOT 5K

VENUE Buscot Park, Buscot, Faringdon, 9:30am **CONTACT** Rodney Benson; 01367 243 864; 07825 294 101; roddybenon@uwclub.net; www.faringdonrotaryclub.co.uk **COST** £7 **C/D** 1/7 **E/D** YES

SCOTLAND

*ROAD •URBAN •RURAL

STONEHAVEN HALF MARATHON (+)

VENUE Mineralwell Park, Stonehaven, 11:15am **CONTACT** Iain Shanks; info@stonehavenhalfmarathon.com; stonehym.webnode.com **COST** £16/£18 **C/D** 1/7 **E/D** YES, +£2

SUFFOLK

*ROAD •RURAL

NEWMARKET 10K (+)

VENUE Ellesmere Centre, Stetchworth, Newmarket, 10am **CONTACT** Jim Withers; 07717 652 480; jim@newmarketjoggers.co.uk; www.newmarketjoggers.co.uk **COST** £12/£14 **C/D** 28/6 **E/D** YES, +£2

SURREY

*TRAIL •URBAN •RURAL

CROYDON ULTRA 30M

VENUE Sandilands Club House, Croydon, 9am **CONTACT** Ian Campbell; 07899 962 834; ipcconsultantslimited@gmail.com; www.thecroydonultra.co.uk **COST** £27.50 **C/D** 30/6 **E/D** YES, +£2.50

SUSSEX

*TRAIL •RURAL

16TH BEWL 15 INCORP 2ND BMAF MULTI-TERRAIN CHAMPS

VENUE Uplands Sports Centre, Lower High Street, Wadhurst, 10:30am **CONTACT** Albert Kemp; 01797 230 009; 07802 603 180; martin@nice-work.org.uk; www.bewl15.co.uk **COST** £22/£24 **C/D** 4/7 **E/D** YES, +£2

*ROAD •URBAN •FLAT

SOUTH COAST HALF MARATHON (+)

VENUE Martello Fields, Seaford, 9am **CONTACT** UK Triathlon; info@uktriathlon.co.uk; www.uktriathlon.co.uk/south_coast_run/index.htm **COST** £23 **E/D** NO

TYNE & WEAR

*ROAD •URBAN

GREAT NORTH 10K

VENUE Gateshead, 10:30am **CONTACT** Great Run; info@greatrun.org; www.greatrun.org/north10k **COST** £25 **E/D** NO

WALES

*ROAD •URBAN

RHONDDA 10 MILE FUN RUN 2015 (+)

VENUE Ystrad Sports Centre, Gelligaled, Ystrad, 9am **CONTACT** Gavin Bendon; 07412 643 715; 07412 643 715; irsportingevents@hotmail.co.uk; www.rhondafunrun.com **COST** £20 **C/D** 10/6 **E/D** YES, +£5

WARWICKSHIRE

*ROAD •RURAL

EDGEHILL HALF MARATHON 2015

VENUE Compton Verney, Near Kineton, 9:30am **CONTACT** Sarah Bland; 01789 267 337; 07540 287 781; sarah@tempoevents.co.uk; www.tempoevents.co.uk **COST** £17.50/£19.50 **E/D** YES, +£2

YORKSHIRE

*ROAD •URBAN •RURAL

ECCUP 10M

VENUE Adel st John the Baptist Primary School, Long Causeway, Leeds, 9:30am **CONTACT** Martin Browne; 0113 831 3139; eccup10@abbeyrunners.co.uk; www.abbeyrnners.co.uk/eccup10/ **COST** £12/£14 **C/D** 26/6 **E/D** YES, +£2

*ROAD •URBAN

HARROGATE TOWN CENTRE 10K

VENUE Crescent Gardens, Harrogate, 10:30am **CONTACT** Tony Essex; webmaster@harrogate-harriers.co.uk; www.harrogate-harriers.co.uk **COST** £13/£15 **C/D** 3/7 **E/D** YES, +£2

TUESDAY JULY 7

DEVON

*ROAD •FLAT

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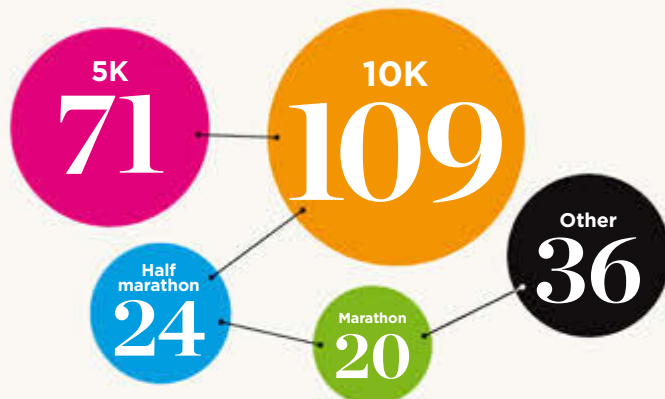
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Going the distance

July's 260 events broken down by distance



THURSDAY JULY 9

AVON

•ROAD •RURAL THORNBURY 10K (+)

VENUE Thornbury rugby club, Rockhampton road newton, Thornbury, 7:30pm **CONTACT** rosina rowland; 01454 886 853; 07743 257 838; rosina catering@blueyonder.co.uk; Thornbury Running Club **COST** TBC

BERKSHIRE

•TRAIL •FLAT DINTON PASTURES 5KM/10KM SUMMER SERIES - RACE 3 (+)

VENUE Dinton Pastures Country Park, Davis Street, Hurst, 7:30pm **CONTACT** Barnes Fitness; 01898 2444; info@barnesfitness.co.uk; www.barnesfitness.co.uk/event/dinton-5km10km-summer-series **COST** £11/£13 E/D YES, +£3

CHESHIRE

•TRAIL •RURAL WIZARD 5

VENUE NT Car Park Alderley Edge, Macclesfield Road, Alderley Edge, 7:30pm **CONTACT** Andy Watts; Wizard5@wilmslowrunningclub.org; www.wilmslowrunningclub.org **COST** £6/£8 C/D 4/7 E/D YES, +£2

LEICESTERSHIRE

•ROAD •FLAT LEICESTER CITY 5K SUMMER SERIES (+)

VENUE Victoria Park, London Road, Leicester, 7:30pm **CONTACT** Martin Burke; 01797 230 572; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £8/£10 C/D 5/7 E/D YES, +£2

SHROPSHIRE

•TRAIL •RURAL •FLAT

GROCONTINENTAL RELAY AT DEARNFORD LAKE VENUE Dearnford Lake, Tilstock Road, Whitchurch, 7:30pm **CONTACT** Alison Birch; DLR@whitchurchwhippets.co.uk; www.whitchurchwhippets.co.uk **COST** £12/£15 C/D 30/6 E/D NO

FRIDAY JULY 10

SUSSEX

•ROAD •RURAL •FLAT

RYE SUMMER CLASSIC 10K SERIES (+) VENUE Rye Nature Reserve, Rye Harbour, Rye, 7:30pm **CONTACT** Martin Burke; 01797 230 009; info@nice-work.org.uk; www.nice-work.org.uk **COST** £13/£15 E/D YES, +£2

SATURDAY JULY 11

BUCKINGHAMSHIRE

•TRAIL •RURAL

THE CHILTERN ULTRA CHALLENGE 'INTRO' 50KM ULTRA EVENT 50KM, 1 DAY VENUE Princes Risborough School, Princes Risborough, 8am **CONTACT** Brian Thubron; 07761 419 226; info@xnrg.co.uk; www.xnrg.co.uk/events/details/chiltern-challenge-ultra2015.aspxen2014.htm **COST** £48 C/D 10/7 E/D YES, +£7

DEVON

•TRAIL

DUCKPONDS (+)

VENUE Oreston Academy Playing Field, Plymstock, Plymouth, 6pm **CONTACT** Steve Rose; 01752 408 253; 07425 174 745; steve.rose@talktalk.net; www.plymstockroadrunners.co.uk/Duckponds.html **COST** £10/£12 C/D 8/7 E/D YES, +£1

•TRAIL •RURAL

OTTER RAIL AND RIVER RUN

VENUE Tipton St John Playing Field, Tipton St John, Sidmouth, 11am **CONTACT** Jo Earlam; 01404 813 313; jo.earlam@hotmail.co.uk; www.tiptonpf.wordpress.com **COST** £8/£10 C/D 4/7 E/D YES, +£2

DORSET

•TRAIL •RURAL

MAIDEN CASTLE LOOP RUN

VENUE Dorchester Sports Centre, Coburg Road,

Dorchester, 6:30pm **CONTACT** Andrew Holden; webteam@egdonheathharriers.com; www.egdonheathharriers.com **COST** £8/£10 C/D 7/7 E/D YES, +£2

ESSEX

•TRAIL

THORNDON PARK 10K

VENUE Thorndon Country Park, South Entrance, Brentwood, 9:45am **CONTACT** Craig Thornton; 07740 554 190; info@theraceorganiser.com; www.theraceorganiser.com/thorndon.html **COST** £12/£14 E/D YES

SHROPSHIRE

•TRAIL •RURAL •HILLY

ITS A PIECE OF CAKE TRAIL MARATHON (+)

VENUE Cardmill Valley, Church Stretton, Church Stretton, 10am **CONTACT** Denizil Martin; www.codrc.co.uk **COST** £32/£34 C/D 1/7 E/D NO

•TRAIL •RURAL

WREKIN RELAY CHALLENGE 2015

VENUE The Half Way House, The Wrekin, Telford, 2pm **CONTACT** David Isaac; 07513 032 620; daveisaac77@yahoo.co.uk; www.fabian4.co.uk **COST** £27/£30 E/D NO. PRICES TBC

SOMERSET

•TRAIL •RURAL

HAM & LYME 100K

VENUE Ham Hill Country Park, Stoke Sub Hamdon, Yeovil, 9am **CONTACT** Dave Urwin; 07444 010 780; albiornrunning@hotmail.com; www.albiornrunning.org **COST** £48 C/D 11/6 E/D NO

TYNE & WEAR

•TRAIL •RURAL

ST CUTHBERT'S WAY ULTRA (+)

VENUE Holy Island, Holy Island, 8:30am **CONTACT** Tim Bateson; 07734 309 500; tim@trailoutlaws.com; www.trailoutlaws.com/ **COST** £45 C/D 1/7 E/D NO

WORCESTERSHIRE

•ROAD •RURAL •HILLY

TIMBERHONGER 10K (+)

VENUE Sanders Park, Bromsgrove, 6pm **CONTACT** Paul Atkins; 07881 224 699; racedirector@timberhonger10k.co.uk; www.timberhonger10k.co.uk **COST** £14/£16 C/D 7/7 E/D YES, +£1

SUNDAY JULY 12

AVON

•ROAD •RURAL •FLAT

BATH TWO TUNNELS 10KM (DATE 3 OF 4) (+)

VENUE Brickfields Park, Bath, 10am **CONTACT** Tom Room; tom@relishrunningraces.com; www.relishrunningraces.com/bath-two-tunnels-railway-running-races.php **COST** £14/£16 C/D 3/7 E/D YES, +£2

BUCKINGHAMSHIRE

•ROAD •RURAL

GRANT & STONE WYCOMBE HALF MARATHON (+)

VENUE The Rye, High Wycombe, 9:30am **CONTACT** The Entry Secretary; www.handycrossrunners.co.uk **COST** £15/£17 C/D 8/7 E/D YES, £22

•ROAD •URBAN •RURAL

NSPCC MK HALF MARATHON

VENUE Webber Independent School, Stantonbury, Milton Keynes, 10am **CONTACT** Results Base Ltd; 01908 274 306; lisa.oraam@resultsbase.net; www.mkhalfmarathon.org.uk **COST** £20/£22 E/D YES, £30

•TRAIL

STOWE HALF MARATHON

VENUE Stowe Gardens, National Trust, Buckingham, 9am **CONTACT** John Tanton; 07963 428 727; GetSet@onyourmarkevents.org; www.onyourmarkevents.org/events/running-events/stowe-run.html **COST** £26 C/D 5/7 E/D NO

CAMBRIDGESHIRE

•TRAIL •FLAT

ST NEOTS OLYMPIC SERIES EVENT 2

VENUE Riverside Park, St Neots, Huntingdon, 8am **CONTACT** Keith Ritchie; 01480 716 595; 07539 213 097; keith@nicetri.co.uk; www.nicetri.co.uk **COST** £57/£62 E/D NO

•TRAIL •FLAT

ST NEOTS SPRINT SERIES EVENT 2 (+)

VENUE Regatta Meadow, Riverside Park, St Neots, 8am **CONTACT** Keith Ritchie; 07539 213 097; keith@nicetri.co.uk; www.nicetri.co.uk **COST** £45/£50 E/D NO

DORSET

•TRAIL •RURAL •HILLY

BRIDPORT JURASSIC COAST RUN (10K) (+)

VENUE Leisure Centre, Bridport, 10:30am **CONTACT** Hagen Gerle; bridport-runners.co.uk/?p=968 **COST** £12.50 C/D 1/7 E/D YES

ESSEX

•TRAIL •URBAN •RURAL •FLAT

FAMBRIDGE YACHT HAVEN

HALF IRON TRIATHLON

VENUE Farnbridge Yacht Station, Ferry Road, North Farnbridge, 9:25am **CONTACT** Jamie Cooper; info@dengieevents.co.uk; www.dengieevents.co.uk **COST** - E/D NO

•ROAD •FLAT

LEE VALLEY 10K (+)

VENUE River Lee Country Park, Highbridge Street, Waltham Abbey, 10am **CONTACT** Naomi Chant; 08456 770 600; events@leevalleypark.org.uk; www.visitleevalley.org.uk **COST** £12 C/D 6/7 E/D YES, +£3

GLOUCESTERSHIRE

•TRAIL •RURAL •FLAT

CHELtenham RACE FOR LIFE 10KM (+)

VENUE Cheltenham Racecourse, Prestbury Park, Cheltenham, 9am **CONTACT** Michelle Leighton; 07717 815 305; michelle.leighton@cancer.org.uk; raceforlife.cancerresearchuk.org/choose-your-event/cheltenham.html?series=2015 **COST** £14.99 E/D NO

•ROAD •RURAL •FLAT

GLOUCESTER 10K

VENUE The Park, Gloucester, Gloucester, 9am **CONTACT** Nigel Tillott; 01452 612 345; 07979 518 396; nigel.tillott@daviesandpartners.com; www.rungloucester.co.uk **COST** £16/£18 E/D NO

GREATER MANCHESTER

•ROAD •URBAN •FLAT

WE LOVE MANCHESTER 10K

VENUE Etihad Stadium, Sportcity, Ashton New Road, Manchester, 9:30am **CONTACT** Graham Jackson; 0161 703 5806; graham@sportstoursinternational.co.uk; www.sportstoursinternational.co.uk/running/we-love-manchester10k-run **COST** £13/£15 C/D 7/7 E/D YES, +£10

HAMPSHIRE

•TRAIL •RURAL

NEW FOREST 10 (+)

VENUE New Park Farm, Brockenhurst, 11:15am **CONTACT** New Forest Ten; enquiries@nf10.co.uk; www.nf10.co.uk **COST** £13/£15 C/D 30/6 E/D NO

•TRAIL •RURAL

STANSTED PARK SLOG RELAY MARATHON (+)

VENUE Stansted House, Rowlands Castle, 9:15am **CONTACT** Raymond Ruzewicz; 07920 799 702; Stansted@pjc.org.uk; www.pjc.org.uk **COST** £40/£44 C/D 5/7 E/D YES, +£4

•ROAD •RURAL

WYVERN 10K

VENUE Wyvern Technology College, Botley Road, Fair Oak, Eastleigh, 10am **CONTACT** Sue Boswell; heweb.runners@hotmail.co.uk; www.wyverncollege.org.uk **COST** TBC

HERTFORDSHIRE

•TRAIL •URBAN •RURAL

WARE FESTIVAL OF RUNNING (+)

VENUE GlaxoSmithKline Cricket Ground, Park Road, Ware, 10am **CONTACT** racesecretary@ware-joggers.co.uk; www.ware-joggers.co.uk **COST** £14/£16 E/D NO

KENT

•TRAIL

BEXLEY 10K

VENUE Danson Park, London, 11am **CONTACT** Peter Griffiths; 07881 588 602; peter.griffiths@fwagroup.co.uk; www.bexley.ac.co.uk **COST** TBC

•TRAIL

BEXLEY 'MYRA GARRETT' 10K (+)

VENUE Danson Park, Danson Road, Bexleyheath, Kent, Bexley, 11am **CONTACT** Peter Griffiths; peter.griffiths09@gmail.com; www.bexleyac.co.uk **COST** £13/£15 C/D 7/7 E/D YES, +£3

•TRAIL •URBAN •RURAL

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CASTLE 2015

VENUE Hever Road, Hever, 6am **CONTACT** Castle Triathlon Series; 01892 870 681; admin@castletriathlonseries.co.uk; www.castletriathlonseries.co.uk **COST** - E/D NO

•ROAD •URBAN

THE HERNE BAY LES GOLDING MEMORIAL 10K (+)

VENUE Herne Bay Sailing Club, Beacon Hill, Herne Bay, 10am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £14/£16 C/D 5/7 E/D YES, £20

LONDON

•ROAD •URBAN •FLAT

VITALITY BRITISH 10K LONDON RUN

VENUE City of Westminster, Start - Piccadilly, Finish - Whitehall near 10 Downing Street, London, 9:35am **CONTACT** Michael O'Reilly; 08448 009 970; 07792 249 804; british10kondon@gmail.com; www.thebritish10kondon.co.uk **COST** £50 C/D 1/7 E/D NO

NOTTINGHAMSHIRE

•ROAD •RURAL

DELTA SIMONS NOTFAST 10K

VENUE Newark Rugby Club, Kelham Road, Newark, 10:30am **CONTACT** Kate Fisher; 01400 281 580; 07771 813 514; stuartashley47@btinternet.com; notfastrunningclub.co.uk/ **COST** £14/£16 C/D 9/7 E/D YES, +£2

•TRAIL •FLAT

WOMEN'S RUNNING 10K - NOTTINGHAM (+)

VENUE Victoria Embankment, Nottingham, 10am **CONTACT** Chris MacDonald; 03332 400 109; race@WR10K.co.uk; womensrunninguk.co.uk/wr10k-2015/wr10k-nottingham/ **COST** £23 C/D 2/7 E/D YES, +£7

OXFORDSHIRE

•TRAIL

OXFORD RACE FOR LIFE 2015

VENUE University Parks, South Parks road, Oxford, 10am **CONTACT** Carolina Fruscione; 07798 822 795; yoshipunk@libero.it; raceforlife.cancerresearchuk.org/choose-your-event/events/oxford-5k-2015-07-12-1000.html **COST** £14.99 E/D NO

•TRAIL •RURAL •HILLY

WATLINGTON XC XK 10K

VENUE Sports Pavilion, Shirburn Road, Watlington, 10:30am **CONTACT** Murray Bishop; 01491 613 296; 07968 855 743; ifa@adaurum.com **COST** £5 C/D 2/6 E/D YES, +£5

SCOTLAND

•TRAIL •URBAN •RURAL

DRAM (DUNDEE RUNNING ADVENTURE MARATHON) (+) 2015

VENUE Camperdown Park, Dundee, 9:30am **CONTACT** Nicholas Kydt; www.eventfull.biz **COST** £26.20 E/D NO

•ROAD •RURAL

KELSO 10K

VENUE Kelso Rugby Club, Kelso, 11am **CONTACT** Carole Renton; 01573 228 619; enquiries@kelsocrawlers.org.uk; www.kelsocrawlers.org.uk **COST** £11/£13 E/D NO

STAFFORDSHIRE

•ROAD •URBAN •RURAL

CHEADLE 4M (+)

VENUE Tean Road, Cheadle, Stoke-on-trent, 10:30am **CONTACT** Barrie Clutton; www.cheadlerunningclub.com **COST** £7/£9 C/D 4/7 E/D YES, +£2

SUFFOLK

•TRAIL •RURAL

THE SUCCESS AFTER STROKE SUDBURY 10K AND 5K (+)

VENUE Auberies, Sudbury, 10:30am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £13/£15 C/D 5/7 E/D YES, +£2

SURREY

•ROAD •URBAN

RUN THE BRITISH LONDON 10K FOR ROOTS

VENUE Mayfair, London, 9:35am **CONTACT** Mark Mardlin; 01462 600 107; 07999 656 288; mark@rootsnurseryschool.org; rootsnurseryschool.org/the-british-london-10k-2014/ **COST** £35 E/D NO

•TRAIL •RURAL •HILLY

SURREY BADGER HALF MARATHON

VENUE Denbies Wine Estate, London Road, Dorking, 10am **CONTACT** Alan Burrows; 07952 349 226; info@eventstolive.co.uk; www.eventstolive.co.uk **COST** £20/£22 C/D 1/7 E/D NO

WALES

•TRAIL •RURAL •HILLY

THE LOOP MULTI-TERRAIN RACE

VENUE Barry Sidings Visitor Centre, Hopkinstown, Pontypridd, 11am **CONTACT** Julian Davies; 07989 427 703; pontypriddroads@btinternet.com; www.pontypriddroads@btinternet.com **COST** £6/£8 C/D 7/7 E/D YES, +£2

WARWICKSHIRE

•ROAD

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9:15am **CONTACT** Neil Croxford; 07980 613 083; dave-mcleod@tiscali.co.uk; www.wythall-hollywood-funrun.org.uk **COST** £10/£12 **C/D** 8/7 **E/D** YES, +£2

WORCESTERSHIRE

•**TRAIL** •**FLAT**

EVESHAM VALE 10K (+)

VENUE Crown Meadow, Abbey Park, Evesham, 10am **CONTACT** Lindsey Lewis Painter; 01836 446 334; jill_moore@talktalk.net; www.eveshamvalerunningclub.org.uk **COST** £12/£14 **C/D** 6/7 **E/D** YES, +£3

YORKSHIRE

•**ROAD** •**URBAN** •**FLAT**

ASDA FOUNDATION LEEDS 10K

VENUE Leeds, 9:30am **CONTACT** Run For All; info@runforall.com; www.runforall.com **COST** £20 **E/D** NO

TUESDAY JULY 14

HAMPSHIRE

•**ROAD** •**URBAN** •**FLAT**

THE ABSOLUTE RUNNING GOSPORT 5K SUMMER SERIES

VENUE Stokes Bay Road, Gosport, 7:30pm **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £8/£10 **C/D** 4/7 **E/D** YES, +£2

WEDNESDAY JULY 15

BUCKINGHAMSHIRE

•**ROAD** •**RURAL**

WADDESdon MANOR SUMMER 5K

VENUE Waddesdon Manor, Waddesdon, Aylesbury, 7:30pm **CONTACT** alan roberts; 07818 871 082; 01296 770 471; 07818 871 082; runneralan1964@yahoo.co.uk; www.voac.org.uk **COST** £11/£13 **C/D** 13/7 **E/D** YES, +£2

ESSEX

•**TRAIL** •**RURAL**

SKYLARKS 3K

VENUE The Wick Country Park, Tresco Way, Wickford, 7:30pm **CONTACT** Peter Bates; 01268 768 082; www.friendsofthewickcountrypark.co.uk **COST** £1/£3 **E/D** ONLY

SCOTLAND

•**TRAIL** •**URBAN** •**RURAL**

29TH MOFFAT GALA FESTIVAL OF RUNNING 2014 (15KM) (+)

VENUE The Ram (Moffat Town Hall), High Street, Moffat, 7:15pm **CONTACT** Alan Roberts; 07946 539 751; moffatrun@hotmail.co.uk; www.entrycentral.com/moffatrun **COST** £10/£12 **C/D** 1/7 **E/D** YES, +£3

TYNE & WEAR

•**ROAD** •**RURAL**

RUN NORTHUMBERLAND KIRKLEY 10K

VENUE Kirkley Hall, Kirkley, Newcastle Upon Tyne, 7:30pm **CONTACT** Richard Hunter; 07545 140 810; richard@teamedecathlon.com; runnation.co.uk **COST** £12.50/£14.50 **E/D** NO

FRIDAY JULY 17

KENT

•**ROAD**

THE PODPLUS ASHFORD SUMMER 10K SERIES (+)

VENUE Victoria Park, Jemmett Road, Ashford, 7:30pm **CONTACT** Martin Burke; 01797 230 009; info@nice-work.org.uk; www.nice-work.org.uk **COST** £12/£14 **C/D** 10/7 **E/D** YES, +£2

WORCESTERSHIRE

•**TRAIL** •**RURAL**

DITRUN SUMMER SIZZLER (+)

VENUE Top Barn Activity Centre, Holt, Worcester, 7:30pm **CONTACT** Mark Leyland; 07931 110 298; mark@justrideuk.com; www.ditrunk.co.uk **COST** £12 **C/D** 10/7 **E/D** YES, +£3

SATURDAY JULY 18

BERKSHIRE

•**ROAD** •**RURAL** •**FLAT**

TRI NATIONS V UK 10K

VENUE Dorney Lake, Eton, Windsor, 9:20am **CONTACT** David Krangel; 020 8144 0797; 07191 141 534; info@thefixevents.com; thefixevents.com/fixaddiction-5k-and-10k-run-2015 **COST** £20 **C/D** 14/7 **E/D** NO

•**TRAIL** •**RURAL** •**FLAT**

ULTRA50 (+)

VENUE Beale Park, Lower Basildon, Reading, 7pm **CONTACT** Chris Summer; Claire Bond; 07551 006 099; 07551 006 099; admin@ultra2.com; www.ultra2.com **COST** £35 **C/D** 14/7 **E/D** NO

DORSET

•**TRAIL** •**RURAL** •**HILLY**

DORSET INVADER MARATHON (+)

VENUE East farm, Winterbourne Whitechurch, Blandford, 9am **CONTACT** Race Director; andy@whitesarrunning.co.uk; www.whitesarrunning.co.uk **COST** £32/£34 **C/D** 6/7 **E/D** NO

HERTFORDSHIRE

•**TRAIL** •**URBAN** •**RURAL**

FAIRLANDS VALLEY CHALLENGE WEEKEND - 6 MILE CHALLENGE (OFF-ROAD 10K APPROX)

VENUE Marriotts School, Telford Avenue, Stevenage, 2:30pm **CONTACT** Liam Herbert; fvc@fvsports.org.uk; www.activetrainingworld.co.uk/events/2015/07/19/

fairlands_valley_challenge_weekend **COST** £5/£7 **C/D** 13/7 **E/D** YES, +50p

LANCASHIRE

•**TRAIL** •**URBAN** •**RURAL** •**FLAT**

DAPA COLOUR SPLASH

VENUE Manner Sutton Street, opposite: Enam Wharf, Blackburn, 10am **CONTACT** Stewart Jones; 07581 733 604; madbullevents@outlook.com; www.madbullevents.com **COST** - **E/D** NO

•**ROAD** •**RURAL**

ELSWICK EXPRESS 10 MILE ROAD RACE

VENUE Elswick Village Hall, Roseacre Rd, Elswick, 10:30am **CONTACT** alan taylor; 07850 684 162; alan.taylor7@tesco.net; alan taylor face book **COST** £11/£13 **E/D** YES, +£3

PENDLE FAMILY RUNNING FESTIVAL (+)

VENUE Whitehough Outdoor Education Centre, Barley, Burnley, 11am **CONTACT** Molly Ralphson; 07773 866 692; molly@pfrf.co.uk; www.hillsandmills.co.uk/events **COST** £10/£12 **E/D** NO

OXFORDSHIRE

•**ROAD** •**RURAL**

HORNTON 6

VENUE Hornton Sports Pavilion, Hornton, Banbury, 7pm **CONTACT** Lawrence Parkes; 07900 673 728; 01295 261 717; lauryparkes53@gmail.com; www.cherwellrunners.co.uk **COST** £7/£9 **C/D** 13/7 **E/D** YES, +£1

SHROPSHIRE

•**TRAIL** •**RURAL**

WENLOCK OLYMPIAN WALK/RUN

VENUE Priory Hall, Bull Ring, Much Wenlock, 8am **CONTACT** Geoff Saunders; 01743 791 999; walking@marchesgroupdwa.eu; www.marchesgroupdwa.eu/www/index.html **COST** £15/£20 **C/D** 11/7 **E/D** NO

SURREY

•**ROAD** •**RURAL**

ELMORE 7M

VENUE Elmore, High Road, Chipstead, 2pm **CONTACT** Richard Carter; 0208 660 4477; richardnc2@hotmail.com; www.southlondonharriers.org **COST** £10/£12 **C/D** 10/7 **E/D** YES, +£2

SUNDAY JULY 19

BERKSHIRE

•**TRAIL** •**RURAL** •**FLAT**

RUN WEXHAM PARK 5 MILE CHARITY RACE

VENUE Wexham Park Hospital, Wexham, Slough, 10:30am **CONTACT** Fred Ashford; 01494 534 972; None; fredashford@waitrose.com; www.heatherwoodandwexham.nhs.uk/runwexm **COST** TBC

CAMBRIDGESHIRE

•**ROAD** •**URBAN** •**RURAL**

ST IVES 10K (+)

VENUE One Leisure Outdoor Centre, California Road, St Ives, 10:30am **CONTACT** Hilary McConville; stives10k@huntsacc.co.uk; www.huntsacc.org.uk/ **COST** £11/£13 **C/D** 15/7 **E/D** NO

DEVON

•**TRAIL** •**RURAL** •**HILLY**

THE COSDON HILL RACE

VENUE Belstone Village Green, Belstone, Okehampton, 2:30pm **CONTACT** Paul Crease; 07885 678 671; 07885 678 671; paulcrease@tiscali.co.uk; www.okehamptonrunningclub.com **COST** £5 **E/D** ONLY

DURHAM

•**TRAIL** •**RURAL**

RUN DURHAM BEAMISH 5 & 10K (+)

VENUE Beamish Museum, Beamish, Durham, 11am **CONTACT** Richard Hunter; 07545 140 810; info@runnation.org; runnation.co.uk **COST** £12.50/£14.50 **E/D** NO

GLOUCESTERSHIRE

•**TRAIL**

CIRENCESTER RACE FOR LIFE 10KM (+)

VENUE Cirencester Park, Bathurst Estate, Cirencester, 9am **CONTACT** Michelle Leighton; 0300 123 0770; raceforlife.cancerresearchuk.org/choose-your-event/cirencester.html?series=2015 **COST** £14.99 **E/D** NO

HERTFORDSHIRE

•**TRAIL** •**URBAN** •**RURAL**

FAIRLANDS VALLEY CHALLENGE ULTRA MARATHON 50K (+)

VENUE Marriotts School, Telford Avenue, Stevenage, 8:45am **CONTACT** Liam Herbert; fvc@fvsports.org.uk; www.activetrainingworld.co.uk/events/2015/07/19/ fairlands_valley_challenge_weekend **COST** £15/£17 **C/D** 13/7 **E/D** YES, +£3

KENT

•**ROAD** •**RURAL** •**FLAT**

ROMNEY MARSH 10K (+)

VENUE St Martins Field, Fairfield Road, New Romney, 10am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £14/£16 **C/D** 12/7 **E/D** YES, +£2

LANCASHIRE

•**TRAIL** •**RURAL** •**FLAT**

DAPA CANAL 8 MILE RACE

VENUE Manner Sutton Street, opposite: Enam Wharf,

Where's the action?

July's 260 events broken down by region

Scotland / 6

North / 40

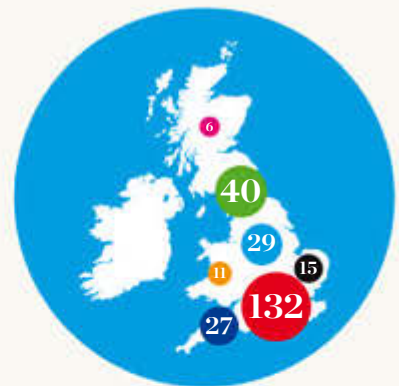
Midlands / 29

East / 15

South / 132

Southwest / 27

Wales / 11



Blackburn, 10am **CONTACT** Stewart Jones; 07581 733 604; madbullevents@outlook.com; www.madbullevents.com **COST** £14 **C/D** 11/7 **E/D** YES, +£2

LONDON

•**TRAIL**

CAPITAL RUNNERS RICHMOND PARK 10K

VENUE Richmond Park, Race starts in the Park adjacent to the Car Park at the Sheen Gate entrance, London, 10am **CONTACT** Martin Burke; 01797 230 572; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £16/£18 **C/D** 22/7 **E/D** YES, £20

•**TRAIL** •**FLAT**

GUNNERSBURY PARK 10K

VENUE Gunnersbury Park, Popes Lane, London, 10:30am **CONTACT** Mark Caswell; 0797 783 1519; 0797 783 1519; mark.caswell@btinternet.com; www.mccpromotions.com **COST** £13 **E/D** YES

•**TRAIL**

INNOVATION SPORTS VIVOBAREFOOT 15K RACE SERIES RACE 2015 (+)

VENUE Bandstand, Clapham Common, Clapham, 10am **CONTACT** Running Team; 0845 257 1160; running@innovationsports.co.uk; www.innovationsports.co.uk/enter-a-race.html **COST** £19.75 **C/D** 12/7 **E/D** YES, +£1.25

•**TRAIL**

THE CAPITAL RUNNERS RICHMOND PARK 5K

VENUE Sheen Gate, Richmond Park, London, 10am **CONTACT** Martin Burke; 01797 230 009; martin@nice-work.org.uk; www.nice-work.org.uk **COST** £11/£13 **C/D** 15/7 **E/D** YES, +£2

•**ROAD** •**URBAN**

TUNNEL 2 TOWERS LONDON 5K (+)

VENUE Start: Southwark Park, Jamaica Road, Rotherhithe, London, 11am **CONTACT** Ludo Macaulay; 01722 332 211; ludomacaulay@hotmail.com; www.tunneltowersrun.org **COST** £18/£20 **C/D** 15/7 **E/D** YES, +£3

MERSEYSIDE

•**TRAIL** •**FLAT**

WOMEN'S RUNNING 10K - LIVERPOOL (+)

VENUE Sefton Park, Liverpool, 10am **CONTACT** Chris MacDonald; 03332 400 109; race@WR10K.co.uk; womensrunning.co.uk/wr10k-2015/wr10k-liverpool/ **COST** £23 **C/D** 9/7 **E/D** YES, +£7

SOMERSET

•**ROAD** •**URBAN** •**RURAL**

FROME HALF MARATHON (+)

VENUE Frome, 10am **CONTACT** Georgina Starkie; racedirector@fromehalfmarathon.co.uk; www.fromehalfmarathon.co.uk **COST** £16.50/£18.50 **C/D** 11/7 **E/D** NO

SURREY

•**TRAIL** •**RURAL**

A SURREY SLOG (HOLMBURY HILL HALF)

VENUE Duke of Kent School, (Near) Peaslake, Guildford, 10am **CONTACT** Ken Saunders; surreyslog@yahoo.co.uk; www.mabac.org.uk **COST** £13/£15 **C/D** 12/7 **E/D** YES, £20

•**TRAIL** •**URBAN** •**RURAL** •**FLAT**

HARRY HAWKES 10

VENUE Gigg's Hill Green, Thames Ditton, 9:30am **CONTACT** Peter Wedderburn; 0208 8288 8575; 07736 853 128; hbc@blyeunder.co.uk; www.harryhawkes10.com/ **COST** £23/£25 **E/D** YES

•**TRAIL** •**RURAL**

NORTH DOWNS WAY MARATHON

VENUE Reigate Hill Golf Club, Galton Bottom, Reigate, 9am **CONTACT** David Ross; 0798 454 0177; info@hermesrunning.com; www.hermesrunning.com **COST** £36/£38 **C/D** 10/7 **E/D** YES, £45

WALES

•**TRAIL** •**RURAL**

LYN ALWEN TRAIL RUN

VENUE Llyn Alwen, Denbigh Moors, Cerrigydrudion, 9:30am **CONTACT** Ffion White; 07769 958 671; 01824 704 087; 07900 576 718; info@bespokefitnessandevents.co.uk; www.bespokefitnessandevents.co.uk **COST** £12 **E/D** YES

co.uk; www.bespokefitnessandevents.co.uk **COST** £12 **C/D** 19/7 **E/D** YES

•**ROAD** •**URBAN** •**RURAL**

MIC MORRIS TORFAEN 10K

VENUE Torfaen County Borough Council, Civic Centre, Pontypool, 9am **CONTACT** Christine Philpott; 01633 628 936; christine.philpott@torfaen.gov.uk **COST** £8/£10 **E/D** YES, +£2

WORCESTERSHIRE

•**ROAD** •**RURAL**

MALVERN VIEW 10K

VENUE Colwall Village Hall, Mill Lane, Malvern, 9am **CONTACT** Steve Poolton; strideoutevents@hotmail.com; www.strideoutevents.com **COST** £12.50 **C/D** 6/7 **E/D** NO

YORKSHIRE

•**TRAIL** •**RURAL**

DALBY 'CONQUER THE FOREST' CHALLENGE

VENUE Dalby Forest, OS Grid ref: SE855 878, Pickering, 10:40am **CONTACT** Brian Lee; 07803 406 070; info@noegochallenge.com; www.noegochallenge.com **COST** £23 **E/D** NO

WEDNESDAY JULY 22

BERKSHIRE

</

THE ENORMOUS ELEPHANT RUN (+)
VENUE Heaton Park, Prestwich, Manchester,
 10:30am **CONTACT** Amie Alden; 01372 378 321; amie@
 sheldrickwildlifetrust.org; https://runforelephants.com
COST £35 C/D 1/6 E/D NO

LONDON

•TRAIL •URBAN
RIVER RAT RACE LONDON

VENUE Royal Victoria Dock, London, 9am **CONTACT** Rat
 Race; events@ratrace.com; www.londonriverrace.
 com/ **COST** - E/D NO

•ROAD •FLAT

SUMO RUN

VENUE Battersea Park, London, 9am **CONTACT** Jake
 Laws; 0131 225 3076; sumo@edc.org.uk; www.sumorun.
 com/ **COST** £49 C/D 25/6 E/D YES

NORTHAMPTONSHIRE

•TRAIL •URBAN •RURAL
SUMMER AROUND THE RESERVOIR MARATHON

VENUE Holiday Inn Hotel, Bedford Road, Northampton,
 9am **CONTACT** Linda Major; 07725 215 152; madeyarun@
 hotmail.co.uk; www.madeyarun.com **COST** £21/E23
 E/D NO

SURREY

•TRAIL •URBAN •RURAL •FLAT

THE RICHMOND SUMMER RIVERSIDE 10K RUN

VENUE Ham Street, Richmond, 9:30am **CONTACT** David
 Krangel; 020 8144 0797; 07919 141 534; info@thefixuk.com;
 https://thefixevents.com/richmond-summer-riverside-
 10k-2015 **COST** £20 C/D 1/7 E/D NO

SUSSEX

•TRAIL •URBAN •RURAL •FLAT

LUNAR-TIC NIGHT MARATHON

VENUE Shoreham by Sea Scout hut, Shoreham, 8pm
CONTACT Jay McCardie; www.sussextrailevents.com
COST £28/E30 E/D NO

WALES

•ROAD •URBAN •RURAL

LLANGADOG FUN RUN (+)

VENUE Llangadog Community Hall, Llangadog, 11am
CONTACT Orianne Shepherd; 01550 777 462;
 07582 333 442; orianne@acycling.com; www.acycling.
 com/llangadog-fun-run/ **COST** £8 C/D 10/6 E/D YES, +£4

YORKSHIRE

•TRAIL •RURAL •HILLY

BINGLEY SHOW 10K RACE

VENUE Myrtle Park, Bingley, 11:30am **CONTACT** Sally
 Robinson; 01274 596 869; sal.robinson@tiscali.co.uk;
 bingleyharriers.org.uk/events/bingley-show-trail-race/
COST £8 C/D 11/7 E/D YES, £3

SUNDAY JULY 26

AVON

•TRAIL •RURAL

BATH RUNNING FESTIVAL - BATH OFF ROAD MARATHON (BEAST OF BATH CHALLENGE SERIES RACE 3 OF 3) (+)

VENUE University of Bath, Bath, 10am **CONTACT**
 Tom Room; tom@relishrunninggraces.com; www.
 relishrunninggraces.com/bath-running-festival.php
COST £38/E40 E/D YES, +£2

BERKSHIRE

•TRAIL •RURAL •FLAT

THAMES TOWPATH HALF MARATHON

VENUE Windsor Leisure Centre, Stovell Road, Windsor,
 10am **CONTACT** Claire Donald; 01494 630 759; 07860
 650 579; info@purplepatchrunning.com; www.
 purplepatchrunning.com **COST** £21/E23 C/D 19/7
 E/D NO

•RURAL

BOYS BEATING CANCER 5K (+)

VENUE Newbury Showground, Priors Court Road,
 Hermitage, Thatcham, 10:30am **CONTACT** n/a n/a; www.
 boybeatingcancer.org **COST** £7.50 E/D YES

DORSET

•TRAIL •RURAL

DURBERVILLE DASH 10K

VENUE Durberville Centre, Wool, Wareham, 11am
CONTACT Roberto Panter; 01929 288 318; 07796 428 050;
 bob.panter@hotmail.com; www.egdonhealthharriers.com
COST £12/E14 C/D 24/7 E/D YES

ESSEX

•TRAIL •URBAN •RURAL

THE KIRSTE 5 MEMORIAL RACE (+)

VENUE Grove Wood Primary School, Grove Road,
 Rayleigh, 10:30am **CONTACT** Terry Spooner; 07885 837
 324; karlcardman@aol.com; www.benfleetrunningclub.
 com/Kirste **COST** £12/E14 C/D 22/7 E/D YES, £15

HERTFORDSHIRE

•TRAIL •RURAL •FLAT

COLOUR ME HAPPY 5K

VENUE Leventhorpe School Field, Cambridge Road,
 Sawbridgeworth, 11:30am **CONTACT** Beth Hardy; 01707

382 500; beth.hardy@isabelhospice.org.uk; www.
 isabelhospice.org.uk **COST** £18 C/D 26/7 E/D YES, +£7

ISLE OF WIGHT

•ROAD •RURAL

ST. GEORGE'S 10

VENUE St. George's School, Watergate Road, Newport,
 11am **CONTACT** www.isleofwightrunners.net **COST**
 £13/E15 C/D 12/7 E/D NO

KENT

•ROAD •URBAN

THE DEAL DINOSAUR 10K (+)

VENUE Walmer Sea Scout Hut, Marine Road, Deal,
 10am **CONTACT** Martin Burke; 01797 230 009; martin@
 nice-work.org.uk; www.dealtri.co.uk/ **COST** £12/E14 C/D
 20/7 E/D YES, £16

LONDON

•ROAD •FLAT

REGENT'S PARK 10K

VENUE Regent's Park, London, 9:30am **CONTACT** Craig
 Thornton; 07740 554 190; info@theraceorganiser.com;
 www.theraceorganiser.com **COST** £14/E16 E/D YES

•ROAD

THE INAUGURAL NATIONAL SUN RUN 10K (+)

VENUE Greenwich Park, Charlton Way, London, 10:30am
CONTACT Martin Burke; 01797 230 009; martin@nice-
 work.org.uk; nice-work.org.uk/events.php?id=202 **COST**
 £16/E18 C/D 21/7 E/D YES, +£2

NORTHAMPTONSHIRE

•TRAIL •URBAN •RURAL

SUMMER AROUND THE RESERVOIR MARATHON

VENUE Holiday Inn Hotel, Bedford Road, Northampton,
 9am **CONTACT** Linda Major; 07725 215 152; madeyarun@
 hotmail.co.uk; www.madeyarun.com **COST** £21/E23
 E/D NO

SCOTLAND

•TRAIL •RURAL

FORT WILLIAM MARATHON

VENUE Nevis Range, Fort William, 9am **CONTACT**
 Chris Millard; info@fortwilliammarathon.co.uk; www.
 fortwilliammarathon.co.uk **COST** TBC E/D NO

SOMERSET

•TRAIL •RURAL

EXMOOR SEAVIEW '17' (20M)

VENUE Minehead Cricket Club, Seaward Way, Minehead,
 10am **CONTACT** Race Director; 01643 704 669; fredmo@
 taik21.com; mineheadrunningclub.co.uk **COST** £10/E11
 E/D YES

SURREY

•ROAD •RURAL

CATERHAM ROTARY HALF MARATHON (+)

VENUE Redhill Aerodrome, Redhill, 9am **CONTACT**
 Martin Burke; 01797 230 009; info@nice-work.org.uk;
 www.nice-work.org.uk **COST** £18/E20
 E/D YES, £25

•TRAIL •URBAN •FLAT

ELMBRIDGE ROAD RUNNERS 10K

VENUE Xcel Leisure Centre, Waterside Drive, Walton-on-
 thames, 9am **CONTACT** Race entries Elmburgh Road
 Runners 10K; www.roadrunners.info **COST** £10/E12
 C/D 19/7 E/D YES, £15

•TRAIL •URBAN •RURAL

JUBILEE RUNNING 10K

VENUE Seisdon Hall, 132 Addington Road, South
 Croydon, 9:30am **CONTACT** Philip Longster; 020 8651
 2807; office@croydon-jubilee.co.uk; www.croydon-jubilee.
 co.uk/running/ **COST** £8/E10 C/D 22/7 E/D YES, +£2

WALES

•ROAD •RURAL •FLAT

MAGOR MARSH CHARITY 10K

VENUE Undy United Football Club, The Causeway, Undy,
 10:30am **CONTACT** Stuart Penny; wcb1966@hotmail.
 com; www.chepstowharriers.org.uk **COST** £13/E15 C/D
 12/7 E/D NO

WILTSHIRE

•RURAL •FLAT

DOWN TOW UP FLOW HALF MARATHON

VENUE Windsor Leisure Centre, Stovell Road, Windsor,
 SL4 5JB, 10am **CONTACT** purplepatchrunning.com **COST**
 £21/E23 C/D 19/7 E/D NO

TUESDAY JULY 28

AVON

•ROAD •URBAN •RURAL •FLAT

AZTEC WEST FAST 5K

VENUE Aztec Centre, Aztec Business Park, Bristol,
 7:30pm **CONTACT** Christopher Elson; 0117 973 3391; 07807
 542 432; c.j.elson@bris.ac.uk; bristolandwestac.org.uk
COST - E/D NO

WEDNESDAY JULY 29

DERBYSHIRE

•ROAD •RURAL

THE RUN BY EREWASH VALLEY RC

VENUE Navigation Inn, Risley Lane, Breaston, 7:15pm
CONTACT Brian Goodall; www.evrcc.co.uk/content/run-6
COST £5/E7 E/D YES, +£1

HAMPSHIRE

•ROAD •RURAL •FLAT

LAKEVIEW 5K

VENUE Hilsea Lido, London Road, Hilsea, 7:15pm
CONTACT Peter Newton; 01489 781 438; 44774 811
 5406; lakeside5k@athleticsevents.co.uk; www.ports
 mouthathletic.co.uk **COST** £5.50/E7.50 E/D YES, +£1.50

KENT

•TRAIL •URBAN

JOYDENS WOOD 5K SUMMER SERIES (RACE 3)

VENUE Between 176-178 Summerhouse Drive, Dartford,
 7:15pm **CONTACT** Alison Pitkin; 07402 727 737; alison.
 pitkin@btinternet.com; www.dartfordroadrunners.co.uk/
 sites/default/files/JoydensWoodentry2015.pdf **COST** £6
 C/D 21/7 E/D YES

•TRAIL •URBAN •RURAL

THE ALFIE GOUGH MEMORIAL RAMSGATE 10K (+)

VENUE Race HQ TBC, Ramsgate, 7pm **CONTACT** Martin
 Burke; 01797 230 009; martin@nice-work.org.uk; nice-
 work.org.uk/events.php?id=191 **COST** £13/E15 C/D 22/7
 E/D YES, +£2

THURSDAY JULY 30

AVON

•TRAIL

PURDOWN PURSUIT

VENUE Mason's Arms, 124 Park Rd, Stapleton, 7pm
CONTACT Tach summer series; 07818 507 766; matt.
 milkins@gmail.com; www.tach.org.uk **COST** £7/E9 E/D NO

SUFFOLK

•TRAIL

IPSWICH SUMMER 5K SERIES

VENUE Christchurch Park, Ipswich, 7:30pm **CONTACT**
 Martin Burke; 01797 230 009; martin@nice-work.org.
 uk; www.nice-work.org.uk **COST** £8/E10 C/D 23/7 E/D
 YES, +£2

SURREY

•TRAIL •RURAL

NEAR AS DAMN IT 10K RACE 3

VENUE SLH HQ, 194a Brighton Road, Coulsdon, 7:30pm
CONTACT Steve Vincent; 07747 691 646; sj.vincent@
 hotmail.com; www.southlondonharriers.org **COST** £4
 E/D YES

FRIDAY JULY 31

LONDON

•ROAD

BROOKS, SERPENTINE LAST FRIDAY OF THE MONTH 5K

VENUE The Bandstand, Hyde Park, London, 12:30pm
CONTACT Malcolm French; 020 8422 3900; ifl0tm5k@
 serpentine.org.uk; www.serpentine.org.uk/pages/
 ifl0tm5k.html **COST** £2/E4 C/D 11/7 E/D NO

SATURDAY AUGUST 1

DERBYSHIRE

•ROAD •FLAT

NO WALK IN THE PARK 5K (+)

VENUE Queen's Park, Cricket Pavilion, Chesterfield,
 9:30am **CONTACT** John Cannon; 01246 566 458; 07902
 249 316; j.cannon846@btinternet.com; northderbyshirc.
 jimdo.com/ **COST** £3/E5 E/D ONLY

DEVON

•TRAIL •RURAL •HILLY

GREAT WEST FELL RUN

VENUE Meldon Reservoir, Okehampton, 2pm **CONTACT**
 Paul Crease; 07885 678 671; paulcrease@tiscali.co.uk;
 www.okehamptonrunningclub.com **COST** £8 C/D 25/7
 E/D YES

LONDON

•ROAD •URBAN •FLAT

GREAT BRITISH BEERATHON

VENUE The Hoop and Grapes, 80 Farringdon Street,
 London, 1pm **CONTACT** David Hellard; davidhellard@
 yahoo.com; beerbellyrunning.weebly.com **COST** - E/D NO

•TRAIL •RURAL

ORION HARRIERS FOREST FIVE

VENUE Jubilee Retreat, Bury Road, London, 10am
CONTACT Bob Jousiffe; 07709 206 897; bobjousiffe@
 hotmail.com; www.orionharriers.org.uk **COST** £5/E7
 E/D YES, £10

SHROPSHIRE

•TRAIL •RURAL •FLAT

THE RAILWAY ULTRA

VENUE Coalport, Telford, 10am **CONTACT** Denzil Martin;
 denzil@codrc.co.uk; www.codrc.co.uk **COST** £30/E32 C/D
 29/7 E/D NO

SURREY

•TRAIL •RURAL •FLAT

PHOENIX SUMMER MARATHON (THAMES PATH)

VENUE Elmburgh Xcel Leisure Centre (Back Entrance),
 Waterside Drive, Walton-on-Thames, 9am **CONTACT** Rik

Vercoe; 07949 273 732; 07949 273 732; rikvercoe@gmail.
 com; www.phoenixrunning.co.uk **COST** £25/E27 C/D
 29/7 E/D NO

SUNDAY AUGUST 2

CAMBRIDGESHIRE

•TRAIL •URBAN •RURAL •FLAT

RIVERSIDE RUNNERS 28TH ANNIVERSARY 10K (+)

VENUE Regatta Meadow, Riverside Park, St Neots,
 10:30am **CONTACT** Paul Veitch; veitchp@gmail.com; 10k.
 riversiderunners.co.uk/ **COST** £14/E16 E/D YES, +£2

CORNWALL

•ROAD •RURAL •FLAT

INDIAN QUEENS HALF MARATHON (+)

VENUE Indian Queens Working Mens Club, St Francis
 Road, Indian Queens, 10am **CONTACT** Jan Sargent;
 07918 152 112; kevburnett@tiscali.co.uk; www.newquay
 roadrunners.co.uk **COST** £13/E15 C/D 20/7 E/D NO

DORSET

•ROAD •RURAL

STURMINSTER HALF MARATHON

VENUE High School, Bath Road, Sturminster Newton,
 10:30am **CONTACT** 07734 204 984; entries@sturhalf.
 co.uk; www.sturhalf.co.uk **COST** £12/E14 C/D 21/7 E/D
 YES, +£2

KENT

•ROAD •RURAL

MID KENT 5 MILER

VENUE Staplehurst Cricket and Tennis Club, Frittenden
 Road, Staplehurst, 9am **CONTACT** Nick Jordan; 07882
 692 167; 07882 692 167; jordo2005@hotmail.co.uk; www.
 midkent5.co.uk **COST** £12/E14 C/D 29/7 E/D YES, +£2

LONDON

•ROAD •URBAN •FLAT

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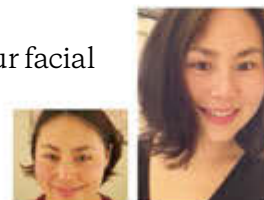
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Adrian Grenier

The *Entourage* star, 38, on getting faster, being recognised while running – and racing against bikes

I started running four or five years ago, just to stay in shape. It wasn't until I started high-intensity interval training and sprints that I really got into it.

Your body resists. It's like, 'Don't push too hard or you're going to die.' Then you tell your body, 'Yeah, that's why you have to get better!' It's a conversation between your will and your limitations. It's up to you to survive and thrive.

I'm not really a distance guy. The 10K has sort of been my limit. I'm more into increasing my speed, really.

I've done 10Ks for charity. Last year, I ran the New Year's Resolution race in LA to help clean up plastic in the ocean. I came second.

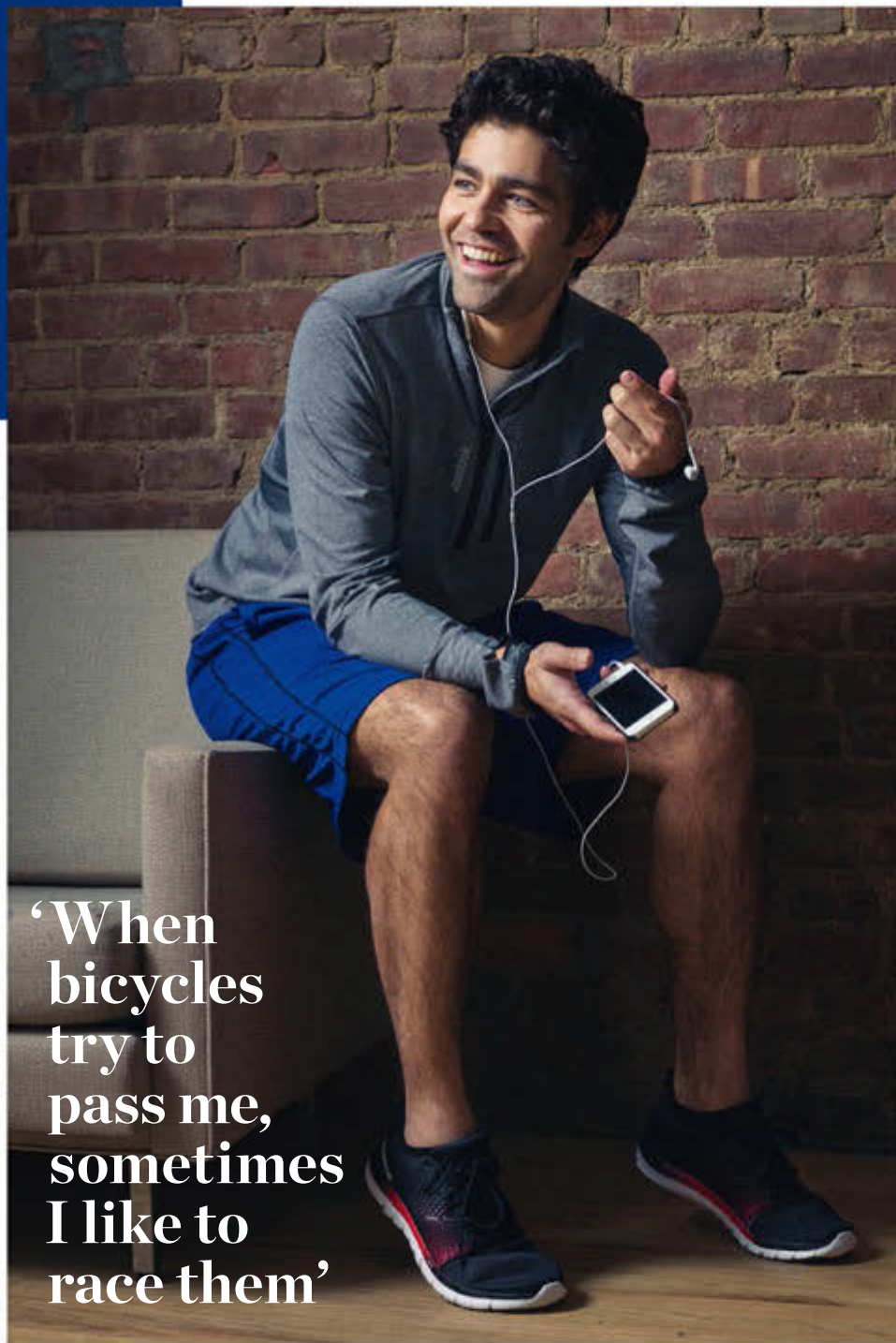
Connecting the action to the physiology and science allows me to understand what I'm doing. I'm not just putting one foot in front of the other. I'm giving my body an opportunity to be better.

One of my favourite runs is on Bondi Beach in Australia. I've been there a few times for *Entourage*. You run along the beach, then go up on the rocks with the ocean splashing and you feel the mist from the waves. It's just incredible.

Fans sometimes recognise me when I'm running. It's a good thing seeing somebody being healthy, but they always want to take a picture when I'm all sweaty and gross.

When bicycles try to pass me, sometimes I like to race them. When I do that, the cyclist is always like, 'You're trying to beat me? I'm on a bike!' Then they look at me and they're like, 'Oh!' and there's a little smile. It's always a cool moment.

● Grenier starred as Vincent Chase on the Emmy award-winning HBO show *Entourage* from 2004-2011, a role he reprises in the film based on the series, which opens here in June.



'When bicycles try to pass me, sometimes I like to race them'

MY FAVOURITE...



Route
I live in Brooklyn, so running

in Prospect Park is always awesome. I also love to run in Griffith Park when I'm in LA.



Music
I like to mix up the music

when I'm running. I like hip hop. SBTRKT is my favourite band at the moment.



Gadget
I'm really into my new Polar heart-

rate monitor. It connects to my iPhone to track my performance and helps me set little goals for myself.

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